

TAEKWON-DO PATTERNS

FROM 1ST TO 7TH DEGREE BLACK BELT

Master Jim Hogan and James Home



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THE CROWOOD PRESS

First published in 2011 by The Crowood Press Ltd
Ramsbury, Marlborough
Wiltshire SN8 2HR

www.crowood.com

This e-book published in 2014

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British Library Cataloguing-in-Publication Data A catalogue record for this book is available from the British Library.

ISBN 978 1 84797 920 9

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any training or sparring.

Dedication

To the memory of our fathers, James Hogan and George Home.

Acknowledgements

Our thanks to Samuel Brown (III Degree), John Vernazza (III Degree) and Peter Yip (I Degree) for their assistance in the applications photographs. All the photographs in this book were taken by Tim J. Rumble of Britannia Photographic Ltd.

Contents

Preface

- 1 Introduction**
- 2 Kwang-Gae Tul**
- 3 Po-Eun Tul**
- 4 Ge-Baek Tul**
- 5 Eui-Am Tul**
- 6 Choong-Jang Tul**
- 7 Kodang Tul**
- 8 Sam-Il Tul**
- 9 Yoo-Sin Tul**
- 10 Choi-Yong Tul**
- 11 Yon-Gae Tul**
- 12 Ul-Ji Tul**
- 13 Moon-Moo Tul**
- 14 So-San Tul**
- 15 Se-Jong Tul**
- 16 Tong-Il Tul**

Glossary

Index

Preface

This book completes the project that began with the publication in 2006 of *Taekwon-Do Patterns: From Beginner to Black Belt*: the production of a comprehensive manual of ITF Taekwon-Do patterns focused on the practical, self-defence application of the techniques and combinations they contain. The response from Taekwon-Do practitioners, both students and instructors, to that first book has been extremely positive and has further encouraged the authors in the production of this second book covering the remaining fifteen ITF Taekwon-Do black-belt patterns.

As with the earlier book, our goal continues to be to help the reader perform the patterns with greater realism and commitment by thinking more closely about their possible self-defence applications, as well as providing a clear and concise reference book. We have therefore continued with the same format and approach, the only slight differences being in brevity and tone – a readership of largely black-belt martial artists requiring less detailed explanation and being more self-motivated.

Master Jim Hogan, VII Degree James Home, IV Degree

1 Introduction

Content and Readership

This book documents the fifteen ITF (International Taekwon-Do Federation) Taekwon-Do patterns (*tul*) taught at 1st to 7th Degree black-belt level, the initial nine patterns taught at coloured-belt level having been covered in Master Hogan's earlier book, *Taekwon-Do Patterns: From Beginner to Black Belt*. The intended readership is therefore primarily ITF Taekwon-Do practitioners holding the rank of 1st Degree black belt and above.

ITF Taekwon-Do is the Korean self-defence art created by General Choi Hong Hi and spread around the world with the formation of the International Taekwon-Do Federation in 1966. It is now frequently referred to as 'ITF' Taekwon-Do to clearly differentiate it from its principal Taekwon-Do variant, the WTF (World Taekwon-Do Federation), which was founded in 1973. Although sharing a common foundation, the Taekwon-Do that is taught under the umbrellas of the two organizations differs in a number of areas, but most significantly in that of patterns, where each teaches a completely different pattern set. With the death of General Choi in 2002, the ITF split into three separate organizations – the authors subscribe to the ITF under the leadership of President Choi Jung Hwa, the son of the founder, and the pattern descriptions in this book conform to the teaching of that organization. Whilst there are a few differences in patterns across the ITF and other organizations teaching Taekwon-Do as formulated by General Choi Hong Hi, they are limited to a small number of similar moves, *e.g.* executing a reverse hooking kick instead of a reverse turning kick or applying a technique at high section rather than middle section. This book should therefore be of interest to, and hopefully of value to, all ITF Taekwon-Do practitioners, regardless of their organizational affiliations.

Structure

Chapters

The rest of this book is divided into fifteen chapters covering each of the fifteen ITF Taekwon-Do patterns in the black-belt examination syllabus. Each chapter has the same structure:

- An opening introduction to the pattern giving its meaning, a brief commentary on the pattern, the number of moves, its place in the grading syllabus, the pattern diagram and a list of new techniques introduced.
- Running across the top half of the remaining pages there is a move-by-move description of the pattern comprising photographs and captions for each move and for some transitions between moves.
- Underneath the pattern description photographs on the bottom half of the page, there is a mixture of self-defence applications and teaching tips relating to the pattern moves shown on that page and comprising photographs with captions.

Throughout the book, photographs with captions are the principal medium for explaining techniques and they are formatted according to their functions as either pattern or application photographs.

Pattern Photographs

Pattern photographs run in strict sequence of the execution of the successive moves of the pattern. After every three, or sometimes six, photographs a short succession of combat applications or teaching tips follow. Each photograph shows Master Hogan against a white background and having completed a move, as well as some additional pictures of the transition between moves, as appropriate, *e.g.* as shown in these photographs and captions for moves 4 and 5 from pattern Kwang-Gae.



4 Move the left foot forward to double step into right walking stance, staying on the ball of the left foot until completing ...



... right walking stance right palm high section hooking block (*gunnun so sonbadak nopunde golcho makgi*).



5 Step back with the right foot in a sliding motion into right stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).

Note that the number in bold in the caption is the designated number of the specific move in the pattern; where a move is covered by more than one photograph, as in move 4, the first photograph in the sequence shows the number of the move. Each designated move is given its full name in English in the following sequence:

- name of stance, *e.g.* ‘left walking stance’, following the convention that if the stance distributes the body weight evenly across both feet (as in walking stance), and if one foot is forward relative to the other, then that foot determines whether it is a ‘left’ or ‘right’ stance; where neither foot is forward (as in sitting stance), then neither term is used; where the stance does not distribute the body weight evenly across both feet (as in lstance or one leg stance), then whichever foot bears the most weight determines the description of the stance

name of the attacking or blocking tool (where appropriate), *e.g.* ‘right palm’

•

name of the section of the body that the technique is applied to (where appropriate),

- *e.g.* ‘high section’

name of the technique, *e.g.* ‘hooking block’.

•

The Korean name (in *italics*) follows the English and conforms to the same convention, although ‘left’ and ‘right’ are not included.

Every pattern photograph has a small black diagram, an ‘orientation icon’, in the top left-hand corner that is structured as follows:

Every pattern starts from a given point, progresses in various directions and ends at the

- starting point. The path travelled away from, and returning to, the starting point is represented by the pattern diagram that forms the unbroken lines of the orientation icon. Where the actual path travelled goes beyond the ‘formal’ pattern diagram, dashed lines may be incorporated into the pattern diagram to better illustrate the total range of the pattern.

The performer of the pattern is represented in the icon by a solid black triangle. At the

- start of the pattern, the base of the triangle is placed horizontally across the start point of the pattern and the apex points in the direction that the performer is facing at the start; the lines representing the path travelled are laid out relative to this starting position and orientation (note that in a few cases, this results in the icon diagram path appearing inverted with respect to the ‘formal’ pattern diagram, where differing performer perspectives were sometimes used). As the pattern progresses, the base of the triangle continues to represent the position of both feet in a stance or movement, where they are parallel, or the rear foot, where one is forward relative to the other, or a single foot, where the other is held off the ground; the apex continues to represent the direction that the performer is facing. Movement along the path of the pattern is shown by adjusting the position of the triangle in two ways:

- by degrees of rotation to represent changes to the direction that the performer is facing (sometimes enhanced by a directional arrow)
- by movement along the lines of the pattern diagram to represent the performer's advance and retreat along the path travelled in the pattern.

This simple device not only allows you to see instantly where a given photograph and a

- given move fits in the pattern, but also allows complete flexibility in the camera angle of the photograph. Rather than taking all of the photographs from a single perspective, since you know the exact position of the performer in the pattern, the photograph can be taken from whichever perspective best illustrates the technique.

Application Photographs

Application photographs follow after each relevant pattern sequence of three, or sometimes six, photographs. Each sequence of photographs was shot in Master Hogan's *dojang*; these are clearly differentiated from the pattern photographs by the presence of a red matted floor. Each sequence of photographs illustrates a self-defence application for, or a more detailed teaching tip about, one or more of the moves in the pattern photographs directly above it. Each sequence has a title describing the application or teaching tip that is shown and each photograph features Master Hogan, either on his own or assisted by one or more of his students, as necessary.

Objectives

Given that the readership of this book is likely to comprise committed Taekwon-Do practitioners, it is not the purpose of this book to motivate or offer advice on training, but rather to achieve two simple goals:

First, the book functions as a concise yet detailed work of reference for the black-belt

- patterns by providing an unambiguous description of every move in every black-belt pattern. The unique combination of best vantage photographs, captions detailing the moves and the transitions between them and the orientation icons, provides a complete narrative for each pattern in its entirety.

Second, and perhaps most importantly, the book seeks to provoke the reader into

- thinking about the self-defence applications of the moves and combination of moves in the patterns. This is the purpose of the self-defence applications that are presented underneath each pattern. They are not presented as 'correct' or definitive applications, but rather as possibilities for you to consider. And the purpose of your considering them is to stimulate your own views as to why one move follows another and what the practical self-defence applications of them might be. This exercise not only increases your knowledge of the patterns and Taekwon-Do, but also helps you perform the

patterns as they were intended: as a series of defensive and offensive moves against one or more imaginary opponents, visualizing their myriad practical applications as you execute them.

2 Kwang-Gae Tul

Kwang-Gae



Meaning

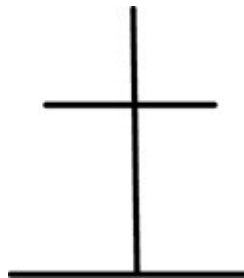
Kwang-Gae is named after the famous Kwang-Gae-Toh-Wang, the 19th King of the Koguryo Dynasty, who regained all the lost territories, including the greater part of Manchuria. The pattern diagram represents the expansion and recovery of lost territory. The thirty-nine movements refer to the first two figures of ad391, the year he came to the throne.

Description

The first of the Taekwon-Do black-belt patterns, Kwang-Gae, reveals the range of challenges awaiting the novice black belt with a mixture of slow motion, stamping motion and more complex stepping alongside the introduction of new techniques. Yet, for all this diversity, when performed properly, the pattern flows particularly well. The foundation of this continuity is balance, not only when executing the techniques but also in the movement between them, and this should be the focus of the novice.

Slow-motion movements must be performed at a constant speed, coordinating breathing, hand and foot movement and sine wave, to finish at the same time. The double stepping in moves 4 and 6 requires good control of the body, where you must cover the ground rapidly, but avoid being carried forward by your momentum as you execute the palm hooking blocks.

There are thirty-nine moves in the pattern and its diagram is:



Grading Syllabus

Kwang-Gae is taught at 1st Dan and forms part of the grading examination for 2nd Dan.

Techniques Introduced

Stances

- parallel stance with heaven hand (*narani so hanulson*)

Defensive

knife hand high section guarding block (*sonkal nopunde daebi makgi*)

-

knife hand low section front block (*sonkal najunde ap makgi*)

-

Offensive

upset punch (*dwijibo jirugi*)

-

side fist downward strike (*yop joomuk naeryo taerigi*)

-

pressing kick (*noollo chagi*).

-

Kwang-Gae



Ready posture: parallel stance with heaven hand (*narani so hanulson*).



1 As a single motion, break hands apart forcefully whilst at the same time raising the left leg sideways slightly before ...



... bringing the hands down in a circular motion and the left leg to the right leg, to form closed ready stance B (*moa junbi sogi B*). Perform this latter part of the stance formation as a slower motion.

Teaching Tip: Preparation for Ready Posture



The correct adoption of the ready posture is an integral part of the pattern, so always start by coming to attention – this ensures that you always start from the same position and allows you to focus on the task ahead.



Inhale as you start to move your left leg and your arms smoothly and deliberately into the ready posture, ...



... coordinating your exhalation with the completion of the formation of the ready posture, *e.g.* moving straight into parallel stance with heaven hand (*narani so hanulson*).

Kwang-Gae



2 Step forward with the left foot and with both palms facing downwards into ...



... left walking stance right upset punch (*gunnun so dwijibo jirugi*). Perform this move in a slow motion.



3 Step forward with the right foot into right walking stance left upset punch (*gunnun so dwijibo jirugi*). Perform this move in a slow motion.

Application for Upset Punch: Close Range Counter Attack



When defender blocks late and is at closer range to attacker ...



... the reverse upset punch provides a direct and effective counter attack.

Kwang-Gae



4 Move the left foot forward to double step into right walking stance, staying on the ball of the left foot until completing ...



... right walking stance right palm high section hooking block (*gunnun so sonbadak nopunde golcho makgi*).



5 Step back with the right foot in a sliding motion into right stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).

Application for Double Stepping: Reverse Punch Blitz



Attacker draws defender's attention by sharply pulling back the front foot before stepping ...



... forward with the back foot, which ‘contradicts’ the initial movement and confuses the defender, ...



... setting defender up for the next step forward and reverse punch from attacker.

Kwang-Gae



6 Move the right foot forward to double step into left walking stance left palm high section hooking block (*gunnun so sonbadak nopunde golcho makgi*).



7 Step back with the left foot in a sliding motion into left lstance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).



8 Step forward with the left foot into right rear foot stance knife hand high section guarding block (*dwitbal so sonkal nopunde daebi makgi*).

Application for Sliding Low Section Guarding Block: Avoiding Kick to Groin



Low section kicks are difficult to block and ...



... incorporating a backward slide into the blocking technique provides 'insurance' by moving further out of range.

Kwang-Gae



9 Step forward with the right foot into left rear foot stance knife hand high section guarding block (*dwitbal so sonkal nopunde daebi makgi*).



10 Move the left foot to the side and in front of the right foot as though continuing to step forward, but then turn 180 degrees counter clockwise, pivoting on the left foot and moving the right foot back into ...



... left walking stance right palm upward block (*gunnun so sonbadak ollyo makgi*). Perform this move in a slow motion.

**Application for Knife Hand High Section Guarding Block:
Blocking Hook Punch and Rapid Counter Attack**



Defender blocks hook punch to head with high section knife hand guarding block. Moving back into rear foot stance not only moves defender's head out of range ...



... but also puts defender in range for a rapid lead leg front snap kick counter attack.

Kwang-Gae



11 Step forward with the right foot into right walking stance left palm upward block (*gunnun so sonbadak ollyo makgi*). Perform this move in a slow motion.



12 Bring the left foot to the right to form a closed stance as both hands are raised above the head and ...



... brought down in a circular motion to execute a right knife hand low section front block, with the right hand striking the palm of the left hand (*moa so najunde sonkal makgi*).

Application for Palm Upward Block: Blocking Side Kick and Breaking Attacker's Balance



Palm upward block is not only effective against a middle section side kick ...



... but the upward motion can be emphasized to raise attacker's leg and break his balance.

Kwang-Gae



13 Keeping the arms in place, execute left pressing kick (*noollo chagi*) to the left side.



14 Then chamber the left leg in preparation for ...



... left middle section side piercing kick (*kaunde yopcha jirugi*), keeping the arms in the same position. Perform moves 13 and 14 as a consecutive kick.

Application for Consecutive Pressing and Side Kick: Attack to Knee and Neck



Pressing kick to the knee brings opponent's upper body lower and closer for ...



... consecutive side piercing kick to neck.

Kwang-Gae



15 Step down with the left foot into right stance right knife hand high section inward strike (*niunja so sonkal nopunde anuro taerigi*), pulling the left side fist back to just below the right shoulder.



16 Pull the left foot back to the right into closed stance left side fist downward strike (*moa so yop joomuk naeryo taerigi*).



17 Keeping the arms in place, look to the right and execute a right pressing kick (*noollo chagi*) to the right side, followed by a ...

**Application for Inward Knife Hand Strike and Side Fist
Downward Strike: Release from Grab and Counter Attack**



Defender breaks attacker's grab by inward strike to elbow joint of grabbing arm

...



... and steps back into closed stance to counter with side fist downward strike to top of attacker's head.

Kwang-Gae



18 ... middle section side piercing kick (*kaunde yopcha jirugi*), with the same leg and with the arms still in place.



19 Step down with the right foot into left stance left knife hand high section inward strike (*niunja so sonkal nopunde anuro taerigi*), pulling the right side fist back to just below the left shoulder.



20 Pull the right foot back to the left into closed stance right side fist downward strike (*moa so yop joomuk naeryo taerigi*).

Application for Inward Knife Hand Strike and Side Fist Downward Strike: Counter Attack to Neck and Head



After blocking attacker's punch, defender pulls attacker onto ...



... inward knife hand strike to the neck causing attacker to start to drop and ...



... allowing defender to continue counter attack with side fist downward strike to back of attacker's head.

Kwang-Gae



21 Step forward with left foot into left low stance right palm pressing block (*nachuo so sonbadak noollo makgi*). Perform this move in a slow motion.



22 Step forward with the right foot into right low stance left palm pressing block (*nachuo so sonbadak noollo makgi*). Perform this move in a slow motion.



23 Turn 90 degrees clockwise pivoting on the left foot and stamp down with the right foot into ...

Application for Palm Pressing Block: Forcing Opponent to Ground after Kick



As opponent doubles up in reaction to front snap kick ...



... palm pressing block movement targets the back of opponent's head, forcing him to the ground.

Kwang-Gae



... sitting stance right back fist high section side strike (*annun so dung joomuk nopunde yop taerigi*).



24 Turn 90 degrees clockwise pivoting on the left foot and slip the right foot forward into right walking stance right double forearm middle section block (*gunnun so doo palmok kaunde makgi*).



25 Maintaining the same stance, shift slightly backwards into right walking stance left outer forearm low section block (*gunnun so bakat palmok najunde makgi*), keeping the right arm in place from the previous block.

**Application for Back Fist Strike and Double Forearm Block:
Attack to Head and Breaking Balance**



Back fist side strike to head stuns opponent and ...



... follow through with double forearm block knocks him off balance.

Kwang-Gae



26 Draw back the right foot and the right arm in preparation for ...



... right low stance right flat fingertip high section thrust (*nachuo so opun sonkut nopunde tulgi*). Perform this move in a slow motion.



27 Turn 90 degrees counter clockwise, pivoting on the right foot and stamp down with the left foot into sitting stance left back fist high section side strike (*annun so dung joomuk nopunde yop taerigi*).

Application for Flat Fingertip Thrust: Using Reaction Arm to Pull Opponent onto Attack



Defender blocks attacker's punch and grabs attacker's arm to ...



... pull attacker onto flat fingertip thrust counter attack to the throat.

Kwang-Gae



28 Turn 90 degrees counter clockwise, pivoting on the left foot and slip the right foot back into left walking stance left double forearm middle section block (*gunnun so doo palmok kaunde makgi*).



29 Maintaining the same stance, shift slightly backwards into left walking stance right outer forearm low section block (*gunnun so bakat palmok najunde makgi*), keeping the left arm in place from the previous block.



30 Draw back the left leg and the left arm and move into left low stance left flat fingertip high section thrust (*nachuo so opun sonkut nopunde tulgi*). Perform this move in a slow motion.

Application for Sliding Reverse Low Section Block: Blocking Close Range Front Snap Kick



Having blocked attacker's punch with a double forearm block, defender is too close to block attacker's follow-up front snap kick – ...



... sliding back gives defender correct distance to block kick with reverse block.

Kwang-Gae



31 Step forward with the right foot in a stamping motion into ...



... right walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).



32 Turn 90 degrees counter clockwise, pivoting on the right foot and step forward with the left foot in a stamping motion into left walking stance twin fist upset punch (*gunnun so sang joomuk dwijibo jirugi*).

Application for 90-Degree Turn and Twin Upset Punch: Defence against Two Attackers



After executing twin vertical punch, second attacker closes in to grab defender from the side, ...



... defender turns to avoid/break grab and counter attack with twin upset punch.

Kwang-Gae



33 Keeping the arms in same position, execute a right middle section front snap kick (*kaunde apcha bisugi*).



34 After retracting the kicking leg, bring the right foot down to the left foot and turn ...



... 180 degrees clockwise, pivoting on the right foot and moving the left foot back into left lstance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

Application for Front Snap Kick and 180-Degree Turn: Defence against Two Attackers



Defender stops advance of first attacker with front snap kick, as other attacker closes in from behind, ...



... rapid turn and stepping back into knife hand guarding block allows defender to face and block attacker.

Kwang-Gae



35 Step forward with the left foot into left walking stance left high section punch (*gunnun so nopunde ap jirugi*).



36 Step forward with the right foot in a stamping motion into right walking stance twin fist upset punch (*gunnun so sang joomuk dwijibo jirugi*).



37 Keeping the arms in same position, execute a left middle section front snap kick (*kaunde apcha busigi*).

Application for Stamping Twin Fist Upset Punch: Trapping Opponent for Punch



As well as providing more impetus for the technique, the stamping motion can target the opponent's foot ...



... to both attack and trap the foot as the punch is delivered.

Kwang-Gae



38 Retract the kicking leg, bring the left foot down to the right, turn 180 degrees counter clockwise, pivoting on the left foot and move the right foot back into right lstance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



39 Step forward with the right foot into right walking stance right high section punch (*gunnun so nopunde ap jirugi*). Shout 'Kwang-Gae'.



Move the left foot and return to ready posture: parallel stance with heaven hand (*narani so hanulson*).

Application for Turn and Stepping Punch: Increasing Distance for Longer-Range Counter Attack



Attacker is advancing and closing gap on defender who pivots on lead foot and ...



... steps back into lstance, increasing distance to allow a powerful ...



... high section stepping punch counter attack.

3 Po-Eun Tul

Po-Eun



Meaning

Meaning

Po-Eun is the pseudonym of a loyal subject, Chong Mong-Chu (1400), who was a famous poet and whose poem 'I would not serve a second master though I might be crucified a hundred times' is known to every Korean. He was also a pioneer in the field of physics. The diagram of the pattern represents his unerring loyalty to king and country towards the end of the Koryo Dynasty.

Description

Uniquely amongst the Taekwon-Do patterns, Po-Eun comprises only lateral movement, creating a sense of limitation of movement as the practitioner faces opponents from the front, the sides and behind with no possibility of advance or retreat. This focus on confined self-defence is reinforced with the extensive use of sitting stance to perform short-range techniques, most notably the combination of hand techniques in moves 6 to 12 and 24 to 30.

This flowing, continuous combination of blocks, elbow thrusts and punches is very much the centrepiece of the pattern, and whilst 'flow' must be present, try and avoid any tendency for it to take precedence over effectiveness. Although executing the techniques in a continuous motion will mean that they will be performed faster than if they were executed discretely, each technique must still be performed with proper sine wave, breath control and accuracy, and not lost in a 'blur of hands'.

There are thirty-six moves in the pattern and its diagram is:



Grading Syllabus

Po-Eun is taught at 1st Dan and forms part of the grading examination for 2nd Dan.

Techniques Introduced

Stances

one leg stance (*waebal sogi*)

-

Defensive

inner forearm wedging block (*an palmok hechyo makgi*)

-

- fore fist pressing block (*ap joomuk noollo makgi*)
- outer forearm low section front block (*bakat palmok najunde ap makgi*)
- u-shape grasp (*mongdung-i japgi*)
- reverse knife hand low section guarding block (*sonkal dung najunde daebi makgi*)

Offensive

- back elbow thrust (*dwit palkup tulgi*)
- horizontal punch (*soopyong jirugi*)
- twin elbow horizontal thrust (*sang palkup soopyong tulgi*)
- back fist side back strike (*dung joomuk yopdwi taerigi*).

Po-Eun



Ready posture: parallel stance with heaven hand (*narani so hanulson*).



1 Turn 90 degrees counter clockwise, pivoting on the right foot into right l stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).



2 Turn 90 degrees clockwise, pivoting on the left foot while raising the right leg into left one leg stance (*waebal sogi*), with the right fist placed in front of the left shoulder and the left fist at head height.

Teaching Tip: Moving into One Leg Stance



When you start to move from lstance, drop the body slightly as you transfer your weight from the right leg to the left.



Turn your body as you begin to straighten the supporting leg ...



... to maximize the power of the raising of the left fist.

Po-Eun



3 Keeping the arms in the same position, execute a pressing kick (*noollo chagi*) with the right leg.



4 Retract the kicking leg and prepare the hands to step down with the right foot into ...



... sitting stance right knife hand middle section side strike (*annun so sonkal kaunde yop taerigi*).

Application for Pressing Kick: Targeting the Knee



Pressing kick is a highly effective self-defence technique when targeting either the front of attacker's knee or ...



... the side of attacker's knee.

Po-Eun



5 Turn the head to the front and execute sitting stance left middle section angle punch (*annun so kaunde giokja jirugi*).



6 Execute sitting stance right fore fist pressing block (*annun so ap joomuk noollo makgi*) and, at the same time, left inner forearm middle section side front block (*an palmok kaunde yopap makgi*).



7 Execute sitting stance left fore fist pressing block (*annun so ap joomuk noollo makgi*) and, at the same time, right inner forearm middle section side front block (*an palmok kaunde yopap makgi*).

Application for Angle Punch: Pulling Opponent onto Punch



Opponent can be brought into range of angle punch by grabbing him around the back of the neck ...



... and pulling him onto punch to side of the head.

Po-Eun



8 Cross the arms in preparation for ...



... sitting stance inner forearm middle section wedging block (*annun so an palmok kaunde hechyo makgi*).



9 Execute sitting stance right back elbow thrust (*annun so dwipalkup tulgi*), using the left palm to cover the right fore fist.

Application for Wedging Block: Pre-Emptying Shoulder Grab



As attacker moves in to grab arms/shoulders, defender crosses arms and ...



... prevents grab by targeting attacker's arms with wedging block.

Po-Eun



10 Execute sitting stance right middle section punch (*gunnun so kaunde ap jirugi*), moving the back of the left palm on top of the right elbow joint.



11 Execute sitting stance left back elbow thrust (*annun so dwipalkup tulgi*), using the right palm to cover the left fore fist.



12 Execute sitting stance right horizontal punch (*annun so soopyong jirugi*). Perform moves 6 through to 12 in a continuous motion.

Application for Reaction Arm on Top of Punch: Pulling Opponent onto Punch



After blocking attacker's punch with inner forearm wedging block, ...



... defender reaches over with non-blocking arm to grab attacker's arm and ...



... pulls attacker onto counter punch.

Po-Eun



13 Raise the hands as the left foot starts to move in front of the right foot into ...



... right x-stance right outer forearm low section front block (*kyocha so bakat palmok najunde ap makgi*) bringing the left 'finger belly' (*songarak badak* – the underside of the fingers) onto the underside of the right forearm.



14 Turn 90 degrees clockwise, keeping the left foot in the same position and moving the right foot forward into left lstance u-shape grasp (*niunja so mongdung-i japgi*).

Teaching Tip: X-Stance



When forming x-stance, keep the back straight and avoid leaning forward.



The stance can be formed with body full facing and side facing.



When formed after a stepping motion, the heel of the front foot is raised, but when formed after a jumping motion (as in pattern Toi-Gye), the front foot is flat and the rear heel raised.

Po-Eun



15 Turn 90 degrees counter clockwise, pivoting on the right foot, moving the left leg towards the right leg and crossing the arms in preparation for ...



... closed stance twin elbow horizontal thrust (*moa so sang palkup soopyong tulgi*), turning the head to the left. Perform this move in a slow motion.



16 Look to the front and move the left foot sideways into sitting stance right back fist side back strike (*annun so dung joomuk yopdwi taerigi*), at the same time extending the left arm downward and slightly sideways.

**Application for Movement from U-Shape Grasp to Closed Stance:
Grab and Throw Opponent**



u-shape grasp attack and grab opponent's throat and groin, ...



... then the movement of the back leg into closed stance and the counter clockwise movement of the arms can be used to throw opponent.

Po-Eun



17 Move the right foot in front of the left foot into left x-stance left outer forearm low section front block (*kyocha so bakat palmok najunde ap makgi*), bringing the right finger belly onto the left side fist.



18 Move the left foot sideways into sitting stance left reverse knife hand low section guarding block (*annun so sonkal dung najunde daebi makgi*).



19 Turn 90 degrees clockwise, pivoting on the left foot and slip the right foot forward into left stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

**Application for Outer Forearm Low Section Front Block:
Blocking Front Snap Kick and Attacking Side of Ankle**



As attacker executes a front snap kick, ...



... using the non-blocking hand to force attacker's ankle onto defender's outer forearm block ensures that the side of the ankle joint is accurately targeted.

Po-Eun



20 Turn 90 degrees counter clockwise, pivoting on the right foot while raising the left leg into right one leg stance (*waebal sogi*), with the left fist placed in front of the right shoulder and the right fist at head height.



21 Keeping the arms in the same position, execute a left pressing kick (*noollo chagi*).



22 Retract the kicking leg and step down with the left foot into sitting stance left knife hand middle section side strike (*annun so sonkal kaunde yop taerigi*).

Application for One Leg Stance: Punch to Underneath Chin



Starting from a low position allows the ...



... upward movement of forming the stance to deliver a punch underneath opponent's chin.

Po-Eun



23 Turning the head to the front, execute sitting stance right middle section angle punch (*annun so kaunde giokja jirugi*).



24 Execute sitting stance right fore fist pressing block (*annun so ap joomuk noollo makgi*) and, at the same time, left inner forearm middle section side front block (*an palmok kaunde yopap makgi*).



25 Execute sitting stance left fore fist pressing block (*annun so ap joomuk noollo makgi*) and, at the same time, right inner forearm middle section side front block (*an palmok kaunde yopap makgi*).

Application for Fore Fist Pressing Block: Release from Grab and Counter Attack to Groin



As attacker grabs defender's clothing, ...



... defender releases from grab with inner forearm block and counter attacks with fore fist pressing block to groin.

Po-Eun



26 Execute sitting stance inner forearm middle section wedging block (*annun so an palmok kaunde hechyo makgi*).



27 Execute sitting stance left back elbow thrust (*annun so dwipalkup tulgi*), using the right palm to cover the left fore fist.



28 Execute sitting stance left middle section punch (*gunnun so kaunde ap jirugi*), moving the back of the right palm on top of the left elbow joint.

Application for Back Elbow Thrust: Release from Grab and Counter Attack



Attacker grabs defender from behind, and defender ...



... drops into sitting stance, which frees arms to execute back elbow thrust to release grab and counter attack.

Po-Eun



29 Execute sitting stance right back elbow thrust (*annun so dwipalkup tulgi*), using the left palm to cover the right fore fist.



30 Execute sitting stance left horizontal punch (*annun so soopyong jirugi*). Perform moves 24 through to 30 in a continuous motion.



31 Move the right foot in front of the left foot into left x-stance left outer forearm low section front block (*kyocha so bakat palmok najunde ap makgi*), bringing the right finger belly down onto the underside of the left forearm.

**Application for Outer Forearm Low Section Front Block:
Blocking Front Snap Kick and Attacking Achilles Tendon**



As attacker executes a front snap kick, defender uses the non-blocking hand to force attacker's foot down onto ...



... defender's outer forearm block targeting the Achilles tendon at the back of the ankle.

Po-Eun



32 Turn 90 degrees counter clockwise, keeping the right foot in the same position and moving the left foot forward into right lstance u-shape grasp (*niunja so mongdung-i japgi*).



33 Turn 90 degrees clockwise, pivoting on the left foot and moving the right leg towards the left into closed stance twin elbow horizontal thrust (*moa so sang palkup soopyong tulgi*), turning the head to the right. Perform this move in a slow motion.



34 Look to the front and move the right foot sideways into sitting stance left back fist side back strike (*annun so dung joomuk yopdwi taerigi*), at the same time extending the right arm downward and slightly sideways.

Application for U-Shape Grasp: Grabbing a Staff and Counter Attack



Defender blocks attacker's pushing attack with a stick using u-shape grasp, ...



... removing staff and counter attacking with an upward strike to attacker's groin.

Po-Eun



35 Move the left foot in front of the right foot into right x-stance right outer forearm low section front block (*kyocha so bakat palmok najunde ap makgi*), bringing the left finger belly down onto the right side fist.



36 Move the right foot sideways into sitting stance right reverse knife hand low section guarding block (*annun so sonkal dung najunde daebi makgi*). Shout 'Po-Eun'.



Move the left foot and return to ready posture: parallel stance with heaven hand (*narani so hanulson*).

Teaching Tip: Low Section Guarding Block



In the past, a large circular motion initiated a low section guarding block.



Nowadays, a smaller circular motion is used ...



... for both knife hand and reverse knife hand low section guarding blocks.

4 Ge-Baek Tul

Ge-Baek



Meaning

meaning

Ge-Baek is named after Ge-Baek, a great general in the Baek Je Dynasty (ad660). The diagram of the pattern represents his severe and strict military discipline.

Description

A firm favourite of 1st Dan black belts in patterns competitions, Ge-Baek combines readily applicable self-defence movements and combinations with dynamic kicking techniques to give the pattern an easily recognizable Taekwon-Do 'identity'. This starts with the opening combination, where a precise and specific x-knife hand checking block is immediately followed up with a low section twisting kick, using a defensive technique at one body section to both create an opportunity for and, at the same time, disguise a rapid counter attack at a lower height. The turning kick and flying side kick in moves 22 and 23 is very much a 'signature' Taekwon-Do combination that requires great accuracy and control: after the middle section turning kick, you should jump with as little preparatory movement as possible to kick at head height at the apex of the jump, landing with full control of your balance to avoid 'falling' into the next move.

There are forty-four moves in the pattern and its diagram is:



Grading Syllabus

Ge-Baek is taught at 1st Dan and forms part of the grading examination for 2nd Dan.

Techniques Introduced

Defensive

- double arc hand block (*doo bandalson makgi*)
- palm scooping block (*sonbadak duro makgi*)

- 9-shape block (*gutja makgi*)

Offensive

twisting kick (*bituro chagi*)

-

back fist front strike (*dung joomuk ap taerigi*)

-

middle knuckle fist punch (*joongji joomuk jirugi*).

-

Ge-Beak



Ready posture: parallel ready stance (*narani junbi sogi*).



1 Move the right foot back into right l-stance x-knife hand checking block (*niunja so kyocha sonkal momchau makgi*).



2 Keeping the arms in place, execute a right low section twisting kick (*najunde bituro chagi*) ...

Application for Checking Block and Twisting Kick: Defence against Middle Section Punch and Counter Attack



Defender blocks attacker's middle section punch with x-knife hand checking block, slightly raising attacker's punching arm and ...



... counter attacks with low section twisting kick targeting attacker's femoral artery.

Ge-Beak



3 ... and lower the right foot into right walking stance middle section punch (*gunnun so kaunde ap jirugi*).



4 Execute right walking stance middle section reverse punch (*gunnun so kaunde bandae jirugi*). Perform moves 3 and 4 in a fast motion.



5 Step back with the left foot into left walking stance left outer forearm rising block (*gunnun so bakat palmok chookyo makgi*).

Application for Rising Block: Blocking High Section Punch



As an alternative to blocking attacker's high section punch at the wrist/radial nerve, ...



... defender can step in closer and block to the elbow.

Ge-Beak



6 Execute left walking stance left outer forearm low section block (*gunnun so bakat palmok najunde makgi*). Perform moves 5 and 6 in a continuous motion.



7 Draw the hands back and ...



... extend in a straight line into left walking stance double arc hand high section block (*gunnun so doo bandalson nopunde makgi*).

Application for Low Section Outer Forearm Block: Counter Attack to Leg



After blocking at closer range, defender is well placed to ...



... use low block to counter attack to attacker's lead leg targeting the femoral artery.

Ge-Beak



8 Transfer body weight to the right leg and form right bending ready stance A (*guburyo junbi sogi A*).



9 Turn 135 degrees clockwise, pivoting on the right foot and lower the left foot into sitting stance left palm scooping block (*annun so sonbadak duro makgi*).



10 Execute sitting stance right middle punch (*annun so kaunde ap jirugi*). Perform moves 9 and 10 in a connecting motion.

Application for Palm Scooping Block: Blocking Front Snap Kick and Breaking Balance



Defender starts scooping block against attacker's front snap kick ...



... and straightens the legs as the block connects in order to lift the attacker's leg and break his balance.

Ge-Beak



11 Draw left hand back in preparation for ...



... sitting stance left back fist front strike (*annun so dung joomuk ap taerigi*).



12 Move the right foot in line with the left foot and turn 135 degrees clockwise, pivoting on the right foot in preparation for ...

Application for Back Fist Front Strike: Release from Grab and Counter Attack



Attacker grabs defender's clothing ...



... and defender uses reaction arm to weaken grab before ...



... counter attacking with back fist front strike to attacker's nose.

Ge-Beak



... moving the left foot forward into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



13 Keeping the arms in the same position, execute left low section side front snap kick (*najunde yobap cha busigi*).



14 Lower the left foot down into left low stance left flat fingertip high section thrust (*nachuo so opun sonkut nopunde tulgi*).

Application for Low Section Side Front Snap Kick: Attack to Knee or Coccyx



Low section side front snap kick can be particularly effective against the knee if an opponent is front facing ...

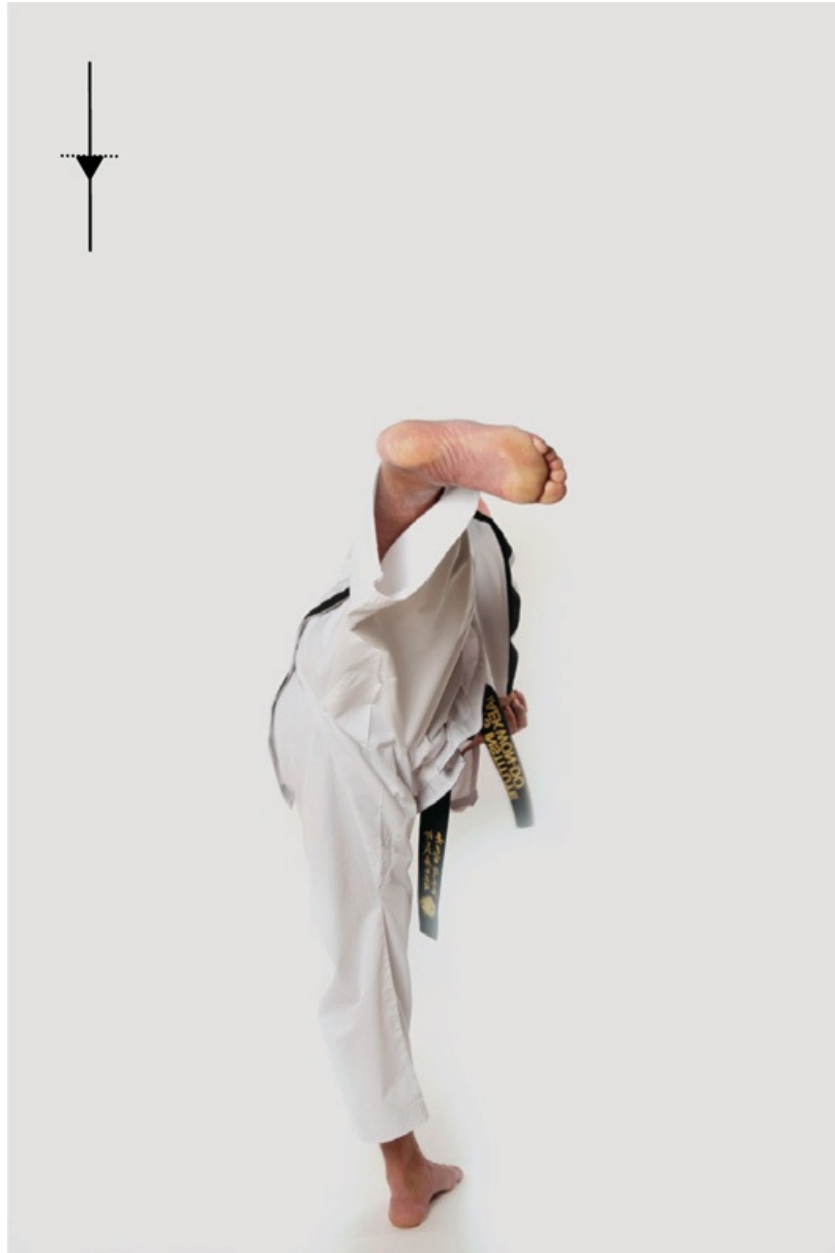


... or, if the opponent is facing in the opposite direction, the coccyx.

Ge-Beak



15 Execute left low stance right flat fingertip high section thrust (*nachuo so opun sonkut nopunde tulgi*).



16 Execute right middle section side piercing kick (*kaunde yopcha jirugi*), pulling both hands back in the opposite direction.



17 Lower the right foot the distance of an l-stance in front of the left foot in preparation for ...

Application for Side Piercing Kick: Pulling Grabbing Opponent onto Kick



After high section flat fingertip thrust, opponent grabs wrist of attacking hand ...



... by grabbing opponent's hand in turn, ...



... opponent can be forcefully pulled onto side piercing kick.

Ge-Beak



... turning 180 degrees counter clockwise into right l-stance knife forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).



18 Turn 180 degrees counter clockwise, pivoting on the left foot into right l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).



19 Turn 180 degrees counter clockwise, pivoting on the right foot into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebie makgi*).

Application for 180-Degree Turns: Defence against Two Attackers



Having blocked first attacker, defender pivots back ...



to block follow up attack as second attacker advances from opposite

... to block follow-up attack, as second attacker advances from opposite direction ...



... and defender turns again to block attack with knife hand guarding block.

Ge-Beak



20 Turn 90 degrees clockwise, pivoting on the right foot and raise the right arm in preparation for ...



... stepping sideways with the left foot into sitting stance right 9-shape block (*annun so gutja makgi*).



21 Turn 270 degrees counter clockwise, pivoting on the left foot and moving the right foot back into left walking stance left knife hand low section block (*gunnun so sonkal najunde makgi*).

Application for 9-Shape Block: Release from Grab and Counter Attack to Elbow



Attacker grabs defender's clothing at front and ...



... downward motion of defender's left arm starts to release grab, as upward motion of right arm counter attacks elbow joint.

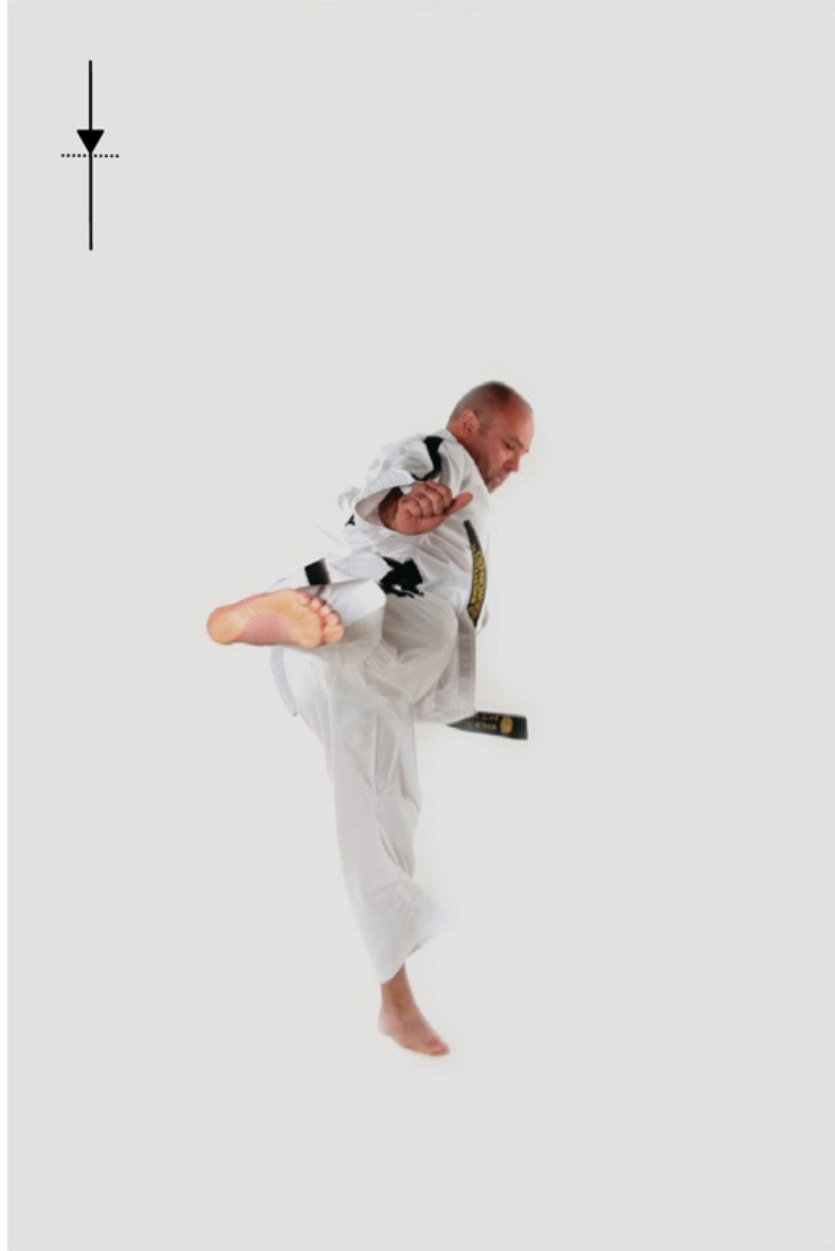
Ge-Beak



22 Execute a right middle section turning kick (*kaunde dollyo chagi*) and then ...



... place the right leg about a shoulders' width in front of the left leg in preparation for ...



23... a right flying side piercing kick (*twimyo yopcha jirugi*). Perform moves 22 and 23 in a fast motion and ...

Application for Flying Side Piercing Kick: Pursuing Retreating Opponent



As opponent steps back to avoid turning kick, ...



... gap can be closed rapidly and attack pursued with flying side piercing kick.

Ge-Beak



24 ... land in right walking stance high section twin fist vertical punch (*gunnun so nopunde sang sewo jirugi*).



25 Execute right walking stance double arc hand high section block (*gunnun so doo bandalson nopunde makgi*).



26 Execute right walking stance left upset punch (*gunnun so dwijibo jirugi*).

Application for Double Arc Hand Block: Simultaneous Attack to Neck and Solar Plexus



At close quarters, double arc hand block can be an effective attack ...



... to opponent's neck and solar plexus.

Ge-Beak



27 Move the right foot diagonally back to the centre line and turn 180 degrees counter clockwise, pivoting on the right foot, moving the left foot forward into left walking stance right front elbow strike (*gunnun so ap palkup taerigi*) with the right front elbow striking the left palm.



28 Jump forward turning the body 45 degrees counter clockwise into right x-stance double forearm high section block (*kyocha so doo palmok nopunde makgi*) – note that the direction of the block is in the same forward direction as the jump.



29 Move the left foot sideways into sitting stance right palm scooping block (*annun so sonbadak duro makgi*).

Application for Jumping into Double Forearm Block: Closing Distance for Attack to Side of Head



Against a distant opponent, jumping into ...



... x-stance closes the gap for an attack to side of head using double forearm block.

Ge-Beak



30 Execute sitting stance left middle punch (*annun so kaunde ap jirugi*). Perform moves 29 and 30 in a connecting motion.



31 Execute sitting stance right back fist front strike (*annun so dung joomuk ap taerigi*).



32 Turn 135 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance right reverse knife hand high section front strike (*gunnun so sonkal dung nopunde ap taerigi*).

Application for Reverse Knife Hand Strike: Release from Grab and Counter Attack



Attacker grabs defender and ...



... downward motion of defender's reaction arm releases grab, while counter attacking with reverse knife hand strike to attacker's temple.

Ge-Baek



33 Execute a right middle section turning kick (*kaunde dollyo chagi*), at the same time ...



... shifting sideways half a shoulders' width to the left on the left foot.



34 Step down with the right foot behind the left, ...

Application for Dodging Turning Kick: Adjusting Range for Kick



If opponent is slightly too close for a particular kick and target, then ...



... shifting as the kick is executing can adjust the range allowing, as in this example, the solar plexus to be targeted with a turning kick.

Ge-Baek



... turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).



35 Slip the left foot back into right l-stance right middle knuckle fist middle section punch (*niunja so joongji joomuk kaunde jirugi*), at the same time bringing the left side fist sharply to the front of the right shoulder.



36 Turn 90 degrees counter clockwise pivoting on the left foot and moving the right foot sideways into sitting stance left 9-shape block (*annun so gutja makgi*).

Application for Middle Knuckle Fist Punch: Pulling Opponent onto Punch



Reaction arm can be used to grab opponent's head to ...



... pull it onto precisely targeted middle knuckle punch to the philtrum.

Ge-Baek



37 Execute sitting stance left reverse knife hand low section guarding block (*annun so sonkal dung najunde daebi makgi*).



38 Execute sitting stance right knife hand low section guarding block (*annun so sonkal najunde daebi makgi*). Perform moves 37 and 38 in a continuous motion.



39 Turn 180 degrees clockwise, pivoting on the right foot and stamp down with the left foot into sitting stance left outer forearm w-shape block (*annun so bakat palmok san makgi*).

Application for W-Shape Block: Simultaneous Attack to Foot and Head



W-shape block can be used to step into opponent with ...



... simultaneous stamping attack to the foot and side fist strike to the head.

Ge-Baek



40 Turn 180 degrees clockwise, pivoting on the right foot and stamp down with the left foot into sitting stance left outer forearm w-shape block (*annun so bakat palmok san makgi*).



41 Turn 90 degrees counter clockwise, pivoting on the left foot and move the right foot forward into right walking stance right outer forearm rising block (*gunnun so bakat palmok chookyo makgi*).



42 Execute right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).

Application for Rising Block: Counter Attack to Armpit



Defender turns attacker to side by blocking strike ...



... and steps in to counter attack with rising block targeting armpit.

Ge-Baek



43 Move the right foot diagonally back to the centre line and turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left outer forearm rising block (*gunnun so bakat palmok chookyo makgi*).



44 Execute left walking stance right middle section punch (*gunnun so kaunde ap jirugi*). Shout 'Ge-Baek'.



Move the right foot and return to ready posture: parallel ready stance (*narani junbi sogi*).

Application for Rising Block: Counter Attack to Chin



Defender blocks attacker's punch with outward block ...



... and shuffles in to counter attack with rising block underneath chin.

5 Eui-Am Tul

Eui-Am



Meaning

Meaning

Eui-Am is the pseudonym of Son Byong Hi, leader of the Korean independence movement on 1 March 1919. The forty-five movements refer to his age when he changed the name of Dong Hak (Oriental culture) to Chondo Kyo (Heavenly Way religion) in 1905. The diagram of the pattern represents his indomitable spirit, displayed while dedicating himself to the prosperity of his nation.

Description

As the student advances beyond the 1st Dan patterns, Eui-Am not only continues with the introduction of new techniques, but also makes increasing demands on the student's balance and control. This is particularly the case with the introduction of the reverse turning kick, a typically dynamic and powerful Taekwon-Do kicking technique.

The kick itself is a technically difficult technique that requires good flexibility and coordination to deliver a fast rotation of the body and thereby a strong kick with the extended leg. However, in trying to generate power in the kick, it is easy to over-rotate the body leading to a loss of balance and position when landing after execution. Eui-Am forces you to confront this issue in moves 9 and 22, where the high section reverse turning kick must be delivered at full speed and power, but stopped and held for a fraction of second with no loss of balance before continuing with the next technique. Being able to 'apply the brakes' instantly at the apex of the kick with the leg fully extended demonstrates the high degree of control of the body required in Taekwon-Do kicking techniques.

There are forty-five moves in the pattern and its diagram is:



Grading Syllabus

Eui-Am is taught at 2nd Dan and forms part of the grading examination for 3rd Dan.

Techniques Introduced

2.

Stances

closed ready stance D (*moa junbi sogi D*)

-

Defensive

x-fist downward block (*kyocha joomuk naeryo makgi*)

-

knife hand rising block (*sonkal chookyo makgi*)

-

knife hand wedging block (*sonkal hechyo makgi*)

-

reverse knife hand circular block (*sonkal dung dollimyo makgi*)

-

alternate palm downward block (*euhkallin sonbadak naeryo makgi*)

-

Offensive

reverse turning kick (*bandae dollyo chagi*)

-

crescent punch (*bandal jirugi*)

-

turning punch (*dollyo jirugi*).

-

Eui-Am



Ready posture: closed ready stance D (*moa junbi sogi D*).



1 Step back into right walking stance left outer forearm high section side block (*gunnun so bakat palmok nopunde yop makgi*).



2 Step back with the right foot into left walking stance right knife hand low section inward block (*gunnun so sonkal najunde anuro makgi*).

Application for Low Section Knife Hand Inward Block: Blocking Front Snap Kick



Attacker at close range starts to kick and ...



... defender moves body out of range by stepping back into walking stance, blocking attacker's front snap kick and targeting the ankle joint with the knife hand.

Eui-Am



3 Execute right walking stance right middle section punch (*gunnun so ap jirugi*).



4 Keeping the arms in the same position, execute left low section twisting kick (*najunde bituro chagi*).



5 Lower the left foot forward into left walking stance x-fist downward block (*gunnun so kyocha joomuk naeryo makgi*).

Application for X-Fist Downward Block: Forcing Opponent to the Ground



Twisting kick to groin causes opponent's chest and head to drop forward, ...



... allowing x-fist downward block to target the back of the head and ...



... force opponent down to the ground.

Eui-Am



6 Execute left walking stance right knife hand rising block (*gunnun so sonkal chookyo makgi*). Perform moves 5 and 6 in a continuous motion.



7 Jump forward, turning 45 degrees counter clockwise into right x-stance right back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), with the left finger belly on the right side fist and striking in the same forward direction as the jump.



8 Turn the body 135 degrees counter clockwise, pivoting on the right foot and moving the left foot forward into right l-stance left middle section punch (*niunja so kaunde ap jirugi*).

Application for Jumping into X-Stance Back Fist Strike: Pre-Emptying an Attack



As soon as attacker begins to launch an attack, defender jumps forward into ...



... x-stance at close range, shutting down the attack and, at the same time, counter attacking with a back fist strike to the philtrum.

Eui-Am



9 Transfer the body weight onto the left leg and move the arms into a guarding position in preparation for ...



... right middle section reverse turning kick (*kaunde bandae dollyo chagi*), stopping the kick after the kicking leg has described an arc of 135 degrees.



10 Continue turning the body a further 45 degrees clockwise and step down with the right foot in a stamping motion into sitting stance right knife hand middle section side strike (*annun so sonkal kaunde yop taerigi*).

Application for Knife Hand Side Strike: Follow-Up Attack to Ribcage



Opponent is caught with middle section reverse turning kick to the ribcage that moves him slightly sideways and ...



... landing with knife hand side strike targets the same area in rapid succession.

Eui-Am



11 Turn 180 degrees clockwise, pivoting on the right foot and execute left middle section side piercing kick (*kaunde yopcha jirugi*), pulling both hands back in the opposite direction.



12 Lower the left foot into left walking stance right high section crescent punch (*gunnun so nopunde bandal jirugi*).



13 Move the right foot into parallel stance left middle section turning punch (*narani so kaunde dollyo jirugi*). Perform this move in a slow motion.

Teaching Tip: Crescent Punch vs Hook Punch



The crescent punch is often incorrectly referred to as the 'hook' punch in boxing, which is a short, close-quarters technique, whereas ...



... the crescent punch swings in from a greater distance and in a wider arc ...



... to deliver a more powerful punch in a slight downward motion.

Eui-Am



14 Step back with the left foot into right walking stance left knife hand low section inward block (*gunnun so sonkal najunde anuro makgi*).



15 Step back with the right foot into left walking stance right outer forearm high section side block (*gunnun so bakat palmok nopunde yop makgi*).



16 Execute left walking stance left middle section punch (*gunnun so ap jirugi*).

Application for Low Section Knife Hand Inward Block: Release from Grab and Blocking Knee Kick



Attacker at close range grabs opponent to pull defender onto knee kick, ...



... as defender's reaction arm breaks, grab to allow knife hand block to target attacker's knee joint.

Eui-Am



17 Keeping the arms in the same position, execute right low section twisting kick (*najunde bituro chagi*).



18 Lower the right foot forward into right walking stance x-fist downward block (*gunnun so kyocha joomuk naeryo makgi*).



19 Execute right walking stance left knife hand rising block (*gunnun so sonkal chookyo makgi*). Perform moves 18 and 19 in a continuous motion.

**Application for Twisting Kick and X-Fist Downward Block:
Release from Grab**

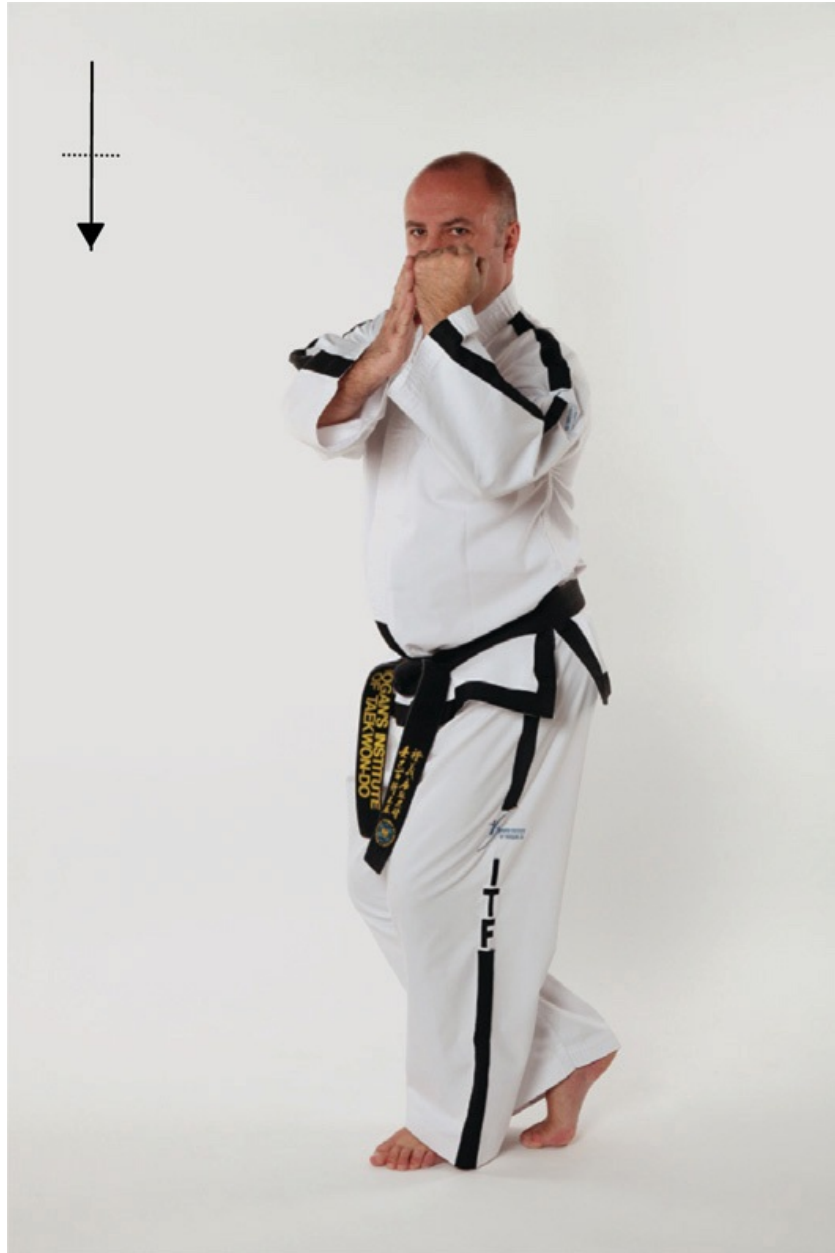


As attacker grabs defender from front, defender counter attacks with a twisting kick targeting the femoral artery, which ...



... brings attacker's head downwards, allowing defender to finish breaking the grab with x-fist downward block to shoulder of the grabbing arm.

Eui-Am



20 Jump forward, turning 45 degrees clockwise into left x-stance left back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), with the right finger belly on the left side fist and striking in the same forward direction as the jump.



21 Turn the body 135 degrees clockwise, pivoting on the left foot and move the right foot forward into left l-stance right middle section punch (*niunja so kaunde ap jirugi*).



22 Move the arms into a guarding position and execute left middle section reverse turning kick (*kaunde bandae dollyo chagi*), stopping the kick after the kicking leg has described an arc of 135 degrees.

Application for Back Fist Strike and Punch: Defence against Two Attackers



Two attackers advance on defender from opposite directions, as first attacker starts to step in with a punch ...



defender blocks punch at close quarters by jumping in with back fist strike to

... defender blocks punch at close quarters by jumping in with back fist strike to shoulder and ...



... turns to punch advancing second attacker, at the same time counter attacking first attacker with rear elbow strike using reaction arm from punch.

Eui-Am



23 Continue turning the body a further 45 degrees counter clockwise, step down with the left foot in a stamping motion into sitting stance left knife hand middle section side strike (*annun sosonkal kaunde yop taerigi*).



24 Turn 180 degrees counter clockwise, pivoting on the left foot and execute right middle section side piercing kick (*kaunde yopcha jirugi*) pulling both hands back in the opposite direction.



25 Lower the right foot into right walking stance left high section crescent punch (*gunnun so nopunde bandal jirugi*).

Application for Crescent Punch: Pulling Opponent into Range for Punch



When the opponent is out of range with his arm extended, grabbing it and ...



... pulling it downwards and twisting it at the same time, not only attacks the arm but also pulls the opponent into range for crescent punch.

Eui-Am



26 Step forward with the left foot into parallel stance right middle section turning punch (*narani so kaunde dollyo jirugi*). Perform this move in a slow motion.



27 Step forward with the right foot into right walking stance knife hand middle section wedging block (*gunnun so sonkal kaunde hechyo makgi*).



28 Execute right walking stance left reverse knife hand circular block (*gunnun so sonkal dung dollimyo makgi*).

Application for Reverse Knife Hand Circular Block: Blocking Knee Kick



The more focused power of the reverse knife hand provides a more damaging strike to the attacker's knee joint when blocking the knee kick, than the more usual inner forearm, ...



... while still turning attacker away after blocking knee kick with circular block.

Eui-Am



29 Move the right foot back into left rear foot stance alternate palm downward block (*dwitbal so euhkallin sonbadak naeryo makgi*).



30 Move the right foot forward into left l-stance left middle section punch
(niunja so kaunde ap jirugi)



31 Shifting slightly backwards, execute left l-stance right reverse knife hand low section inward block (*niunja so sonkal dung najunde anuro makgi*).

Applications for Alternate Palm Block: Release from Grab and Blocking Side Kick



The inward and downward motion of the palm makes the block an effective release from a grab to the front.



Moving back into rear foot stance avoids attacker's side kick and alternate palm block forces kicking leg down ...



... providing a good opportunity for a high section counter attack.

Eui-Am



32 Step forward with the left foot into left walking stance knife hand middle section wedging block (*gunnun so sonkal kaunde hechyo makgi*).



33 Execute left walking stance right reverse knife hand circular block (*gunnun so sonkal dung dollimyo makgi*).



34 Move the left foot back into right rear foot stance alternate palm downward block (*dwitbal so euhkallin sonbadak naeryo makgi*).

Application for Knife Hand Wedging Block: Pre-Emptying a Grab



Using the knife hand gives defender slightly longer range than the forearm allowing him to ...



... pre-empt grab and attack the wrist joints before, or just as, the grab connects.

Eui-Am



35 Move the left foot forward into right l-stance right middle section punch (*niunja so kaunde ap jirugi*).



36 Shifting slightly backwards, execute right l-stance left reverse knife hand low section inward block (*niunja so sonkal dung najunde anuro makgi*).



37 Execute right high section reverse turning kick (*kaunde bandae dollyo chagi*), stopping the kick after the kicking leg has described an arc of 135 degrees.

**Application for Shifting Reverse Knife Hand Low Section Block:
Blocking Front Snap Kick and Side Kick Combination**



Attacker's front snap is a dummy that draws low reverse knife hand block, but
...



... reaction arm protects body from consecutive side kick.

Eui-Am



38 Lower the right foot in front of the left into left rear foot stance forearm middle section guarding block (*dwitbal so bakat palmok kaunde daebi makgi*).



39 Execute left high section reverse turning kick (*kaunde bandae dollyo chagi*), stopping the kick after the kicking leg has described an arc of 135 degrees.



40 Lower the left foot in front of the right into right rear foot stance forearm middle section guarding block (*dwitbal so bakat palmok kaunde daebi makgi*).

**Application for Rear Foot Stance after Reverse Turning Kick
Attack: Avoiding Counter Attack**



Opponent leans back to avoid reverse turning kick and then ...



... steps forward with counter punch that kicker avoids by landing in rear foot stance.

Eui-Am



41 Double step back by moving the left foot slightly behind and to the side of the right foot, keeping on the ball of the left foot and stepping back with the right foot until completing right l-stance left knife hand low section block (*niunja so sonkal najunde makgi*).



42 Slip the right foot back into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



43 Step back with the left foot into left l-stance right knife hand low section block (*niunja so sonkal najunde makgi*).



44 Slip the left foot back into right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



45 Execute right walking stance right high section punch (*gunnun so nopunde ap jirugi*). Shout 'Eui-Am'.



Move the right foot and return to ready posture: closed ready stance D (*moa junbi sogi D*).

Application for Double Stepping and Single Stepping: Drawing Opponent Forward



Attacker steps forward with front snap kick and ...



... defender double steps back to increase distance from attacker, encouraging him to ...



... continue pressing attack with another front snap kick that defender avoids by pivoting back and then ...



... takes advantage of the shorter range to counter attack with a punch.

6 Choong-Jang Tul

Choong-Jang



Meaning

meaning

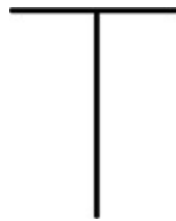
Choong-Jang is the pseudonym given to General Kim Duk Ryang who lived during the Lee Dynasty, 14th century. The pattern ends with a left-hand attack to symbolize the tragedy of his death at twenty-seven in prison before he was able to reach full maturity.

Description

The longest of the 1st and 2nd Dan patterns, Choong-Jang mixes strong, effective attacking combinations with frequent changes of direction, using a variety of different turning techniques to both attack and avoid.

The pattern emphasizes the use of different hand parts as attacking tools, with the introduction of the double finger thrust, the back hand downward strike and the arc hand strike, highlighting the specificity of the wide range of Taekwon-Do attacking techniques. Also, uniquely in the Taekwon-Do patterns, Choong Jang extends the arena of self-defence to operating from the ground with the turning kick and punch combination delivered from the floor in moves 12 and 13. Practice is needed to avoid making the drop to the floor too 'laboured' – you should drop smoothly into the correct body position to deliver kick effectively in a single flowing motion.

There are fifty-two moves in the pattern and its diagram is:



Grading Syllabus

Choong-Jang is taught at 2nd Dan and forms part of the grading examination for 3rd Dan.

Techniques Introduced

Defensive

twin palm pressing block (*sang sonbadak noollo makgi*)

•

Offensive

- double finger thrust (*doo sangarak tulgi*)
- knee front snap kick (*moorup apcha busigi*)
- back hand downward strike (*songdung naeryo taerigi*)
- back fist side front strike (*dung joomuk yopap taerigi*)
- twin knife hand horizontal strike (*sang sonkal soopyong taerigi*)
- arc hand strike (*bandal son taerigi*)
- twin fore knuckle fist crescent punch (*sang inji joomuk bandal jirugi*)
- open fist punch (*pyon joomuk jirugi*).

Choong-Jang



Ready posture: closed ready stance A (*moa junbi sogi A*).



1 Move the right foot sideways into sitting stance right inner forearm side front block (*annun so an palmok yopap makgi*), at the same time extending the left arm sideways and downwards.



2 Execute sitting stance left inner forearm side front block (*annun so an palmok yopap makgi*), at the same time extending the right arm sideways and downwards.

Application for Alternate Inner Forearm Blocks: Release from Two Grabs



Two attackers close in to grab defender from both sides, ...



... first inner forearm block releases grab from one side and ...



... second inner forearm block releases grab from the other side.

Choong-Jang



3 Move the right foot to the left foot into closed stance left angle punch (*moa so giokja jirugi*). Perform this move in a slow motion.



4 Step forward with the left foot into left walking stance right double finger high section thrust (*gunnun so doo sangarak nopunde tulgi*).



5 Step forward with the right foot into right walking stance left double finger high section thrust (*gunnun so doo sangarak nopunde tulgi*).

Teaching Tip: Double Finger Thrust



Keep the hand in a fist shape and avoid creating the double finger attacking tool too early in the technique, ...



... increasing the element of surprise as the technique targets the eyes.



Also, make sure to reform the fist shape quickly before the start of the next technique.

Choong-Jang



6 Execute right walking stance right back fist front strike (*gunnun so dung joomuk ap taerigi*).



7 Step forward with the left foot into left walking stance left outer forearm rising block (*gunnun so bakat palmok chookyo makgi*).



8 Step forward with the right foot into right walking stance right middle punch (*gunnun so kaunde ap jirugi*).

Application for Back Fist Strike: Release from Grab and Counter Attack



Attacker reaches out to grab defender from front, defender deflects attacker's arm with reaction hand as he ...



... counter attacks with back fist strike to face.

Choong-Jang



9 Turn 180 degrees counter clockwise, pivoting on the left foot, placing the right foot behind the left and ...



... continue to turn a further 180 degrees counter clockwise, while sliding back into right l-stance middle section forearm guarding block (*niunja so palmok kaunde daebi makgi*).



10 Keeping the arms in the same position, execute right low section front snap kick (*najunde apcha busigi*).

Application for Sliding Forearm Guarding Block and Front Snap Kick: Avoiding Pressing Kick and Counter Attack



Attacker's pressing kick to knee is difficult to block, but easily avoided by defender sliding back into l-stance forearm guarding block and ...



... then rapidly counter attacking with front snap kick.

Choong-Jang



11 Lower the right foot down into right low stance right flat fingertip high section thrust (*nachuo so opun sonkut nopunde tulgi*).



12 Drop down onto the left knee, turning the body 45 degrees counter clockwise and supporting it with both hands on the floor to execute right high section turning kick (*nopunde dollyo chagi*) – note that the kick finishes in the forward direction of the pattern.



13 Lower the right foot to the front, raising the body slightly while turning it forward, in preparation for ...

Application for Turning Kick from Kneeling Position: Counter Attack from the Ground



Defender avoids turning kick by dropping down onto his knee and ...



... counter attacks from the ground with a turning kick targeting attacker's groin.

Choong-Jang



... right high section punch (*nopunde ap jirugi*) – note that the fingertips of the left hand are placed on the ground in front of the left knee as the punch finishes.



14 Turn 180 degrees clockwise, pivoting on the right foot while raising the body and moving the left foot back into left l-stance left side elbow thrust (*niunja so yop palkup tulgi*).



15 Turn 180 degrees clockwise, pivoting on the right foot and moving the left back into left l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Punch from Kneeling Position: Counter Attack from the Ground



Defender is forced to the ground and traps attacker's foot with reaction arm, while ...



... counter attacking from the ground with punch to attacker's groin.

Choong-Jang



16 Step back with the right foot into right l-stance left palm scooping block (*niunja so sonbadak duro makgi*).



17 Step back with the left foot into left l-stance right knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).



18 Turn 180 degrees counter clockwise, pivoting on the right foot and moving the left foot out into left walking stance x-fist pressing block (*gunnun so kyocha joomuk noollo makgi*).



19 Execute right low section knee front snap kick (*najunde moorup apcha busigi*), at the same time pulling the hands back to the left hip.



20 Step down with the right foot behind the left and raise hands in preparation for ...



... turning 180 degrees counter clockwise, pivoting on the right foot into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

Application for X-Fist Pressing Block and Knee Kick: Blocking Front Snap Kick and Counter Attack



Defender blocks attacker's front snap kick with x-fist pressing block, ...



... grabs foot with hands still in place, ...



... turns foot and pulls back, breaking attacker's balance and pulling him onto ...



... knee kick counter attack to lower edge of attacker's kneecap.

Choong-Jang



21 Step forward with the right foot, crossing the arms and starting to turn 180 degrees counter clockwise, pivoting on the right foot in preparation for ...



... sliding backwards into right l-stance right side elbow thrust (*niunja so yop palkup tulgi*).



22 Turn 180 degrees clockwise, pivoting on the left foot into left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

**Application for Stepping and Turning into Side Elbow Thrust:
Defence against Two Attackers**



Defender between two attackers and as one advances from behind, defender steps away to gain distance and ...



... deliver side elbow strike to nearest attacker, while turning to face the first.

Choong-Jang



23 Execute right middle section side piercing kick (*kaunde yopcha jirugi*) pulling both hands back in the opposite direction.



24 Step down with the right foot behind the left, raising the arms and starting to turn 180 degrees counter clockwise, pivoting on the right foot in preparation for ...



... slipping the left foot back slightly into right rear foot stance twin palm pressing block (*dwitbal so sang sonbadak noollo makgi*).

Teaching Tip: Twin Palm Pressing Block



Twin palm pressing block is primarily used to block a front knee kick and therefore needs a strong delivery starting with the hands at chest height ...



... and then driving straight down at the same time as dropping the body weight down into rear foot stance, making contact with the opponent's knee as early in the kick as possible.



Hand position is crucial: make sure that the heels of the palms are held firmly together and that the fingers are stretched back.

Choong-Jang



25 Step forward with the right foot into right walking stance right outer forearm high section front block (*gunnun so bakat palmok nopunde ap makgi*) ...



... then cross the arms in preparation for ...



... right walking stance right back fist high section side strike (*gunnun so dung joomuk nopunde yop taerigi*).

Application for High Section Outer Forearm Front Block and Back Fist Side Strike: Blocking Punch and Counter Attack



Defender blocks punch away from attacker's head, allowing ...



... fast snap back with back fist counter attack to temple.

Choong-Jang



26 Turn 180 degrees clockwise, pivoting on the right foot into right l-stance left flat fingertip high section thrust (*niunja so opun sonkut nopunde tulgi*).



27 Execute right low section front snap kick (*najunde apcha bisugi*), at the same time placing the right palm on top of the left back hand.



28 After retracting the kicking leg at normal speed, start to turn 180 degrees counter clockwise, pivoting on the left foot, drawing the hands towards the right hip ...

Application for Front Snap Kick, Grab and Turn: Throwing Opponent to the Ground



Grabbing opponent's hand not only allows him to be pulled onto front snap kick,
...



... but keeping hold of the hand and pulling it forwards and downwards as the kicker turns, ...



... throws the opponent over the kicking leg as it extends backwards.

Choong-Jang



... and finish the turn by stepping back with the right leg into left walking stance, thrusting with the right back elbow and placing the left side fist on top of the underside of the right fist. Perform this move in a slow motion.



29 Raise the left leg and hands in preparation for ...



... stamping down into right l-stance left back hand downward strike (*niunja so sondung naeryo taerigi*).

Application for Back Hand Downward Strike: Attack to Face or Skull



The downward motion of the strike makes the nose and face a good target for back hand downward strike.



Also, this downward motion is useful when targeting opponent's skull when his body is lower to drop the head further down.

Choong-Jang



30 Execute right l-stance right punch (*niunja so jirugi*), punching the left palm.



31 Step forward with the right foot in a stamping motion into left l-stance right back hand downward strike (*niunja so sondung naeryo taerigi*).



32 Execute left l-stance left punch (*niunja so jirugi*), punching the right palm.

**Application for Punching Palm after Back Hand Downward
Strike: Pulling Opponent onto Punch**



After back hand downward strike to opponent's face, ...

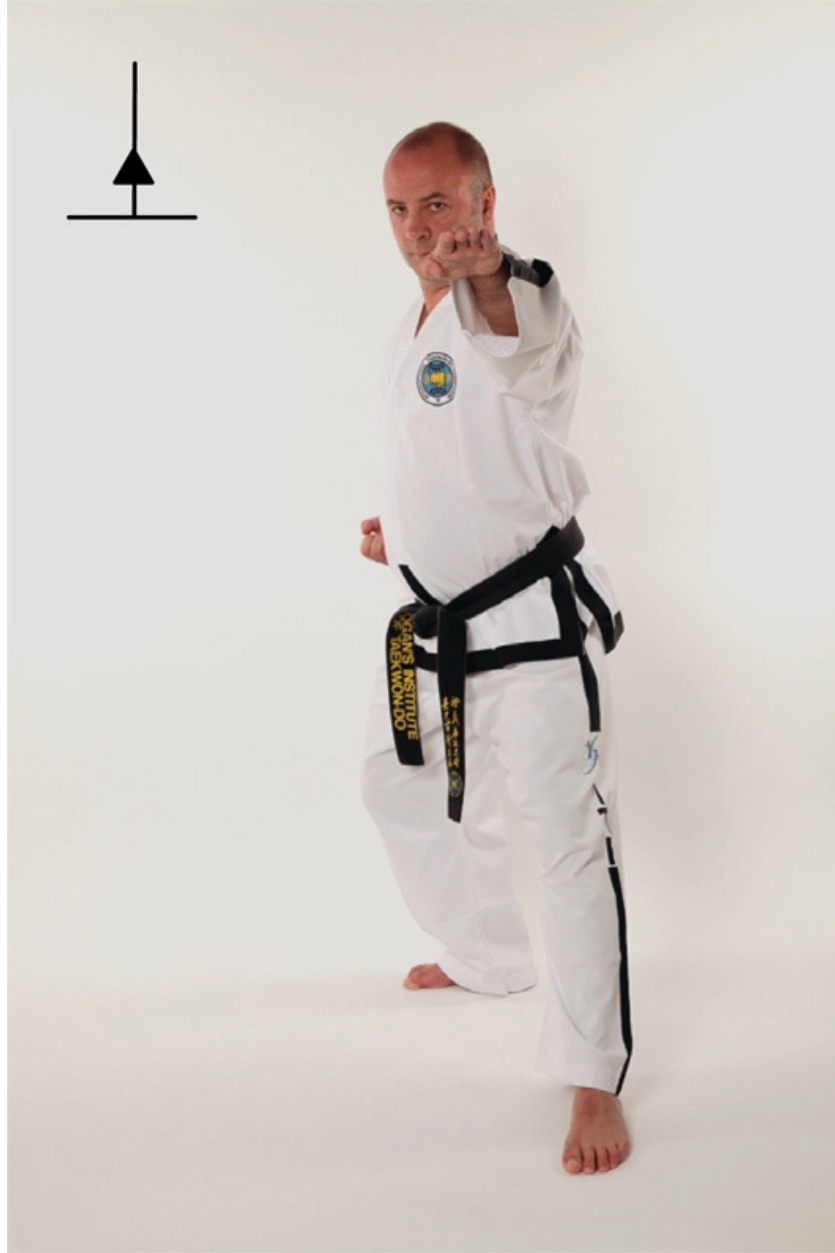


... striking hand moves round back of opponent's head to ...



... pull head onto punch with other hand.

Choong-Jang



33 Turn 180 degrees counter clockwise, pivoting on the right foot and stamp down with the left foot into right l-stance left knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).



34 Slip the left foot out into left walking stance right back fist high side front strike (*gunnun so dung joomuk nopunde yopap taerigi*), at the same time striking the left palm with the right elbow.



35 Step forward with the right foot in a stamping motion into left l-stance right knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).

Application for Knife Hand Strike and Back Fist Strike: Pulling Opponent onto Back Fist Strike



After executing outward knife hand strike to opponent's ribcage, ...



... striking hand moves round opponent's back and ...



... pulls opponent onto back fist strike to side of head.

Choong-Jang



36 Slip the right foot out into right walking stance left back fist high side front strike (*gunnun so dung joomuk nopunde yopap taerigi*), at the same time striking the right palm with the left elbow.



37 Turn 180 degrees counter clockwise, pivoting on the right foot into right l-stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*).



38 Slip the left foot out into left walking stance right 9-shape block (*gunnun so gutja makgi*).

**Application for Low Section Guarding Block and 9-Shape Block:
Blocking Front Snap Kick and Breaking Balance**



After blocking attacker's front snap kick with low section knife hand guarding block, ...



... slipping the rear hand underneath the kicking leg allows defender to attack the knee and lift the leg straight up with 9-shape block, breaking attacker's balance.

Choong-Jang



39 Step forward with the right foot into left l-stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*).



40 Slip the right foot out into right walking stance left 9-shape block (*gunnun so gutja makgi*).



41 Step back with the right foot into left walking stance twin knife hand horizontal strike (*gunnun so sang sonkal soopyong taerigi*).

Application for 9-Shape Block: Release from Grab

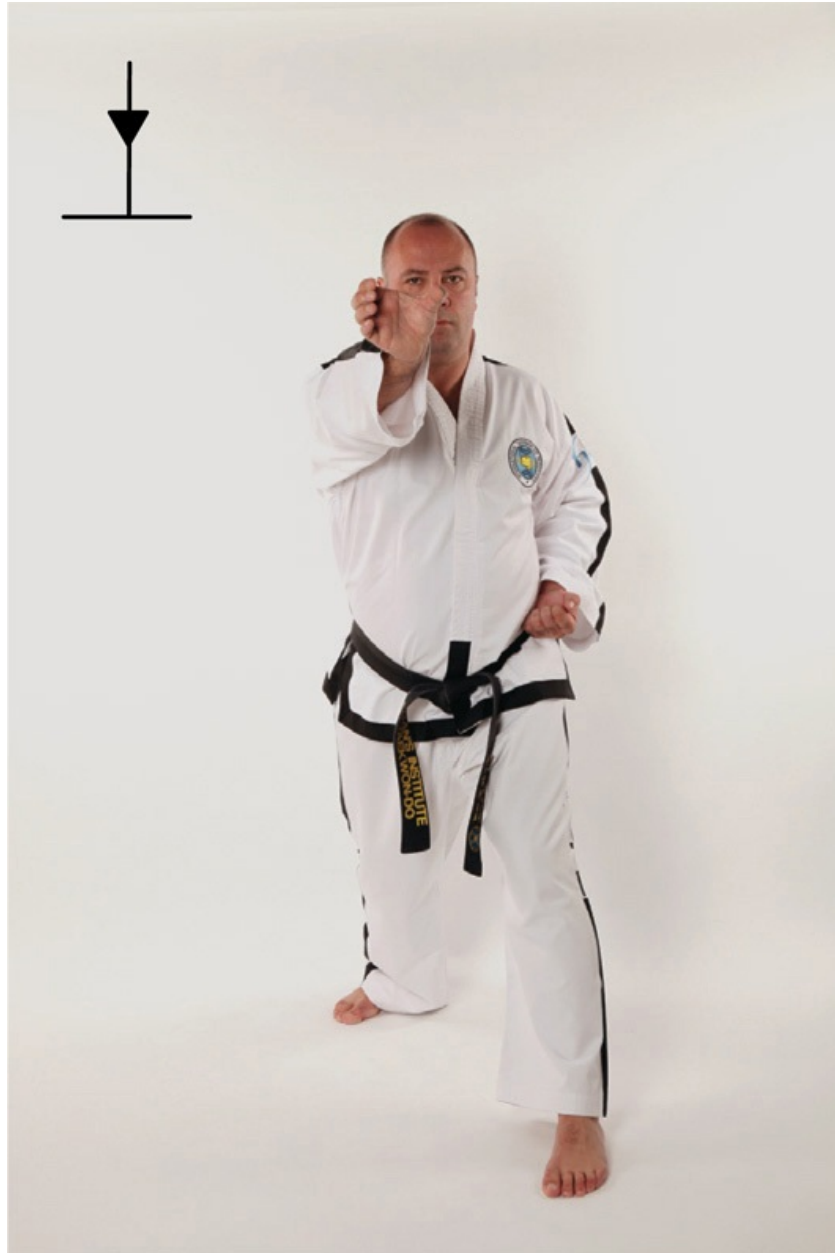


Attacker steps in to grab defender from the front, ...



... defender executes 9-shape block to attack both arms simultaneously.

Choong-Jang



42 Execute left walking stance right arc hand high section strike (*gunnun so bandal son nopunde taerigi*).



43 Keeping the arms in place, execute right middle section front snap kick (*kaunde apcha busigi*).



44 Step down with the right foot into right walking stance left arc hand high section strike (*gunnun so bandal son nopunde taerigi*).



45 Keeping the arms in place, execute left middle section front snap kick (*kaunde apcha busigi*).



46 Step down with the left foot into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



47 Execute left walking stance left middle section punch (*gunnun so kaunde irugi*). Perform moves 46 and 47 in a fast motion.

**Application for Arc Hand Strike and Front Snap Kick
Combination: Pursuing Multiple Attacks**



Opponent is pushed back with arc hand strike to the philtrum, ...



... which is followed up with front snap kick to the groin.



Alternatively, to prevent retreat, arc hand strike is used to grab opponent by the throat and ...



... pull him onto front snap kick to the groin.

Choong-Jang



48 Step forward with the right foot into closed stance twin fore knuckle fist high section crescent punch (*moa so sang inji joomuk nopunde bandal jirugi*).



49 Turn 270 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left knife hand low section block (*gunnun so sonkal najunde makgi*).



50 Execute left walking stance right open fist high section punch (*gunnun so pyon joomuk nopunde jirugi*)

**Application for Twin Fore Knuckle High Section Crescent Punch:
Counter Attack to Grab to Throat**



Attacker grabs defender round the throat from the front and ...



... defender immediately counter attacks around the grabbing arms with twin fore knuckle crescent punch to attacker's temples.

Choong-Jang



51 Move the left foot across to the centre line and turn 180 degrees clockwise, pivoting on the left foot and move the right foot forward into right walking stance right knife hand low section block (*gunnun so sonkal najunde makgi*).



52 Execute right walking stance left open fist high section punch (*gunnun so pyun joomuk nopunde jirugi*). Shout 'Choong-Jang'.



Move the left foot and return to ready posture: closed ready stance A (*moa junbi sogi A*).

Application for Open Fist Punch: Attack to Face



Using the open instead of the closed fist allows the punch to be relatively less accurate, while still inflicting considerable damage when used against a target that can move backwards such as the chin.



This is equally true when targeting the nose and has the added advantage of obscuring your opponent's vision at the same time.

7 Kodang Tul

Kodang



Meaning

meaning

This pattern was previously named 'Juche', a political thesis of independence and self-reliance developed by the North Korean regime. The ITF under Grand Master Choi Jung Hwa has renamed the pattern 'Kodang' and revised its meaning as an assertion of Taekwon-Do's independence from any political ideology.

Kodang is the pseudonym of the patriot Cho Man Shik, who dedicated his life to the Korean independence movement and to the education of his people. The forty-five movements of the pattern represent the last two figures of 1945, the year Korea was liberated from Japanese occupation.

Description

The last of the 2nd Dan patterns, Kodang is a highly technical pattern that significantly 'raises the bar' for the student before progressing to 3rd Dan.

Although Kodang presents many challenges, two techniques stand out as particularly difficult: the consecutive side and hooking kick performed in slow motion in moves 5 and 17 and the flying two direction kick in move 37. Both of these techniques require levels of athleticism, control and balance that go beyond mere 'routine' practice of difficult moves – most students need to practise them at a more intense level, since they need, to varying degrees, to train their bodies to perform beyond their current capabilities. The ability to perform Kodang proficiently shows that the student has made this extra effort and demonstrates the pre-eminence of Taekwon-Do as a kicking art.

There are forty-five moves in the pattern and its diagram is:



Grading Syllabus

Kodang is taught at 2nd Dan and forms part of the grading examination for 3rd Dan.

Techniques Introduced

Stances

- parallel stance with twin side elbow (*narani so sang yop palkup*)
- closed stance with heaven hand (*moa so hanulson*)
- diagonal stance (*sasun sogi*)
- bending ready stance B (*goburyo junbi sogi B*)

Defensive

- inner forearm parallel block (*an palmok narani makgi*)
- outer forearm parallel block (*bakat palmok narani makgi*)
- outer forearm downward block (*bakat palmok naeryo makgi*)
- twin palm rising block (*sang sonbadak chookyo makgi*)

Offensive

- reverse hooking kick (*bandae dollyo goro chagi*)
- back fist downward strike (*dung joomuk naeryo taerigi*)
- hooking kick (*golcho chagi*)
- flat fingertip outward cross cut (*opun sonkut bakuro ghutgi*)

- high elbow strike (*nopunde palkup taerigi*)
- knife hand mid-air strike (*sonkal twio dolmyo taerigi*)
- pick shape kick (*gokaeng-i chagi*)
- straight elbow downward thrust (*sun palkup naeryo tulgi*)
- arc hand crescent strike (*bandal son bandal taerigi*)
- twin knife hand inward strike (*sang sonkal anuro taerigi*)
- downward punch (*naeryo jirugi*)
- dodging reverse hooking kick (*pihamyo bandae dollyo goro chagi*)
- flying two direction kick (*twinyo sangbang chagi*)
- back fist horizontal strike (*dung joomuk soopyong taerigi*)
- flat fingertip inward cross cut (*opun sonkut anuro ghutgi*).

Kodang



Ready posture: parallel stance with a twin side elbow (*narani so sang yop palkup*).



1 Move the left foot sideways into sitting stance inner forearm parallel block (*annun so an palmok narani makgi*).



2 Straighten the legs and execute right palm middle section hooking block (*sonbadak kaunde golcho makgi*).

Application for Inner Forearm Parallel Block: Release from Grab



As attacker grabs defender's shoulders from the front, ...



... defender weakens grab by dropping into sitting stance and fully releases from it at the same time by executing inner forearm parallel block.

Kodang



3 Resume the stance to execute sitting stance left middle section punch (*annun so kaunde jirugi*).



4 Raise the right foot into left one leg stance outer forearm parallel block (*waebal so bakat palmok narani makgi*).



5 Keeping the arms in the same position, execute right middle section side piercing kick (*kaunde yopcha jirugi*) to the right side, then ...

Teaching Tip: Consecutive Side Kick and Hooking Kick



The correct starting position is crucial to the successful execution of the two kicks, so the kicking leg must be raised into the correct chamber position for the ...



... middle section side kick to be slowly and fully extended straight out, without raising the leg, to reach the upper edge of the middle section target area.



After a brief pause in which the body position is 'locked in', start to turn slowly without moving the arms or leaning backwards or forwards and keeping the correct foot position for the side kick.

Kodang



... keeping the kicking leg extended, turn 180 degrees clockwise, pivoting on the left foot to execute a consecutive right high section reverse hooking kick (*nopunde bandae dollyo goro chagi*). Perform this move in a slow motion.



6 Step down sideways with the right foot in a jumping motion into right x-stance right back fist downward strike (*kyocha so dung joomuk naeryo taerigi*), striking to the right in the direction of the kick.



7 Execute left middle section hooking kick (*kaunde golcho chagi*) and ...

Teaching Tip Continued: Consecutive Side Kick and Hooking Kick



Make the turn smooth and avoid any jerking movement by pivoting a little on the ball of the foot with the heel just lightly touching the ground, and then ...



... pivot on the heel to move the toes round to 'catch up' the heel. Perform this operation two or three times, as required.



In the last third of the turn, start to raise the leg to the correct height for the high section hooking kick. You should aim to complete the combination in no less than ten seconds.

Kodang



... left high section side piercing kick (*nopunde yopcha jirugi*) consecutively, pulling both fists in front of the chest.



8 Step down sideways with the left foot in a stamping motion into sitting stance left flat fingertip high section outward cross cut (*annun so opun sonkut bakuro ghutgi*).



9 Turn 90 degrees counter clockwise, pivoting on both feet into left walking stance right high elbow strike (*gunnun so nopunde palkup taerigi*) pressing the left palm onto the right side fist.

**Application for Side Kick, Cross Cut and Elbow Strike:
Successive High Section Attacks**



This combination attacks three specific high section targets: first, a side kick to the neck causes opponent to stagger back and is quickly followed up by ...



... a cross cut to opponent's eyes before ...



... finishing with a powerful elbow strike to opponent's jaw.

Kodang



10 Turn 90 degrees clockwise, pivoting on the right foot, crossing the left foot over the right into right x-stance left reverse knife hand low section front block (*kyocha so sonkal dung najunde ap makgi*) bringing the right finger belly onto the left back forearm.



11 Turn 180 degrees clockwise, pivoting on the left foot and move the right foot forward into left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



12 Jump and spin ...

Application for Low Section Reverse Knife Hand Block: Attack to Ankle Joint



Having avoided attacker's front snap kick, defender grabs attacker's kicking leg as it is retracting with the hand of his reaction arm and ...



... pulls it onto reverse knife hand block to attack the ankle joint.

Kodang



... 360 degrees counter clockwise to execute left knife hand mid-air strike
(*sonkal twio dolmyo taerigi*) ...



... landing in right l-stance with the left arm still partially extended.



13 Turn 90 degrees counter clockwise, pivoting on the left foot and move the right foot sideways into sitting stance inner forearm parallel block (*annun so an palmok narani makgi*).

Application for Knife Hand Mid-Air Strike: Gaining Distance and Height for Attack to Head



When at a longer distance from opponent, the quickest and most surprising way to close the gap is ...



... to jump high enough and long enough, from the spot, to deliver a long-range attack (such as a knife hand strike) to the head. Incorporating a 360-degree turn makes the attack even less predictable.

Kodang



14 Straighten the legs and execute left palm middle section hooking block (*sonbadak kaunde golcho makgi*).



15 Resume the stance to execute sitting stance right middle section punch (*annun so kaunde jirugi*).



16 Raise the left foot into right one leg stance outer forearm parallel block (*waebal so bakat palmok narani makgi*).

Application for Palm Hooking Block: Pulling Opponent onto Punch



Palm hooking block can be used to distract opponent by coming over his head,
...



... to grab his shoulder and then ...



... pull him onto punch to the throat.

Kodang



17 Keeping the arms in the same position, execute left middle section side piercing kick (*kaunde yopcha jirugi*) to the left side, then ...



... keeping the kicking leg extended, turn 180 degrees clockwise, pivoting on the right foot to execute a consecutive left high section reverse hooking kick (*nopunde bandae dollyo goro chagi*). Perform this move in a slow motion.



18 Step down sideways with the left foot in a jumping motion into left x-stance left back fist downward strike (*kyocha so dung joomuk naeryo taerigi*), striking to the left in the direction of the kick.

Teaching Tip: Why Perform Difficult Slow-Motion Kicks?

There is no doubt that this slow-motion consecutive kick combination is, for most people, the most difficult challenge that they have faced up to this point

in the Taekwon-Do patterns. To execute the kicks technically correctly and with no loss of balance in slow motion takes a great deal of practice and this can prove frustrating as progress is often slow. This frustration often leads to students asking themselves 'What is the point of putting so much effort into kicking in slow motion when it has no practical application?'. Although posed negatively, answering this question helps to provide the motivation needed to continue training hard to achieve small improvements.

There is an obvious 'technical' answer in that, as with the hand techniques executed in slow motion in previous patterns, it demonstrates proper coordination of movement and breathing. Additionally in the case of kicks, it demonstrates and develops the leg strength, control of the body and balance that underpin the dynamic kicking for which Taekwon-Do is renowned. But there is a more fundamental answer related to what it means to practise a martial art.

You need to push yourself, not only to improve at, but also to get the most out of, martial arts. Every movement can never be practised too much; you need to put effort into all aspects of your training – sparring, patterns, basics and destruction – to progress in Taekwon-Do. And sometimes, it is beneficial to go beyond your 'normal' training regime and try to achieve something that may, for many students in the first instance, seem unachievable. This is the case with this slow-motion kicking technique. If you find it particularly difficult to lock your leg out, keep it straight, keep the correct body position as you turn without losing your balance, then the more you persevere to gain small improvements, the more you will increase your belief in what you think you can achieve and the more you will achieve in your wider training.

Kodang



19 Execute right middle section hooking kick (*kaunde golcho chagi*) and ...



... right high section side piercing kick (*nopunde yopcha jirugi*) consecutively, pulling both fists in front of the chest.



20 Step down sideways with the right foot in a stamping motion into sitting stance right flat fingertip high section outward cross cut (*annun so opun sonkut bakuro ghutgi*).

Application for Hooking Kick and Side Kick: Blocking Turning Kick and Counter Attack



Defender blocks attacker's kick downwards and to the side with hooking kick,
...



... leaving attacker exposed to instant consecutive counter attack with a high side kick to the neck.

Kodang



21 Turn 90 degrees clockwise, pivoting on both feet into right walking stance left high elbow strike (*gunnun so nopunde palkup taerigi*) pressing the right palm onto the left side fist.



22 Turn 90 degrees counter clockwise, pivoting on the left foot, crossing the right foot over the left into left x-stance right reverse knife hand low section front block (*kyocha so sonkal dung najunde ap makgi*), bringing the left finger belly onto the right back forearm.



23 Turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into right l-stance knife hand middle section guarding block (*ninja so sonkal kaunde daebi makgi*).

Application for High Elbow Strike: Release from Grab



Attacker grabs defender's shoulder and ...



defender turns towards attacker bringing reaction arm on top of grabbing arm

... defender turns towards attacker bringing reaction arm on top of grabbing arm and striking arm underneath as the elbow rises, ...



... striking attacker's arm underneath the elbow joint as arm is secured by defender's reaction arm. Note that a firm execution using both arms will result in breaking attacker's arm.

Kodang



24 Jump and spin 360 degrees clockwise to execute right knife hand mid-air strike (*sonkal twio dolmyo taerigi*) ...



... landing in left l-stance with the right arm still partially extended.



25 Execute left pick shape kick (*gokaeng-i chagi*), then ...

Teaching Tip: Pick Shape Kick vs Downward Kick



The downward kick is a powerful attacking technique that targets vertically exposed targets, such as the skull and the clavicle. A well-delivered downward kick to these targets will frequently incapacitate an opponent.



The pick shape kick not only allows the same areas to be targeted from a slightly closer range, due to the bending of the kicking leg and coming up on the ball of foot of the supporting leg, but ...



... the snapping action in conjunction with the downward motion at the end of the kick can also be used to force opponent to the ground.

Kodang



... lower the left foot into right rear foot stance forearm middle section guarding block (*junbi so palmok kaunde daebi makgi*).



26 Turn 90 degrees clockwise, pivoting on the left foot bringing the right foot to the left into closed stance with a heaven hand (*moa so hanulson*). Perform this move in a slow motion.



27 Slide back into left rear foot stance right straight elbow downward thrust (*dwitbal so sun palkup naeryo tulgi*).

Application for Straight Elbow Downward Thrust: Attack to Back of Head or Spine of Falling Opponent



Straight elbow downward thrust can target the back of the neck of an opponent who is falling forwards or ...



... the spine of an opponent who is falling sideways.

Kodang



28 Move the right foot forward into right walking stance left arc hand high section crescent strike (*gunnun so bandal son nopunde bandal taerigi*).



29 Step back with the right foot, sliding into right rear foot stance left straight elbow downward thrust (*dwitbal so sun palkup naeryo tulgi*).



30 Move the left foot forward into left walking stance right arc hand high section crescent strike (*gunnun so bandal son nopunde bandal taerigi*).

Application for Arc Hand Crescent Strike: Release from Grab



Attacker grabs defender from front and ...



... defender's high section crescent strike can counter attack immediately over the grabbing hand – the arc hand is particularly suitable for strongly attacking the neck to force attacker to release grab.

Kodang



31 Step back with the left foot into right walking stance twin knife hand high section inward strike (*gunnun so sang sonkal nopunde anuro taerigi*).



32 Step back with the right foot into left walking stance right downward punch (*gunnun so naeryo jirugi*).



33 Move the left foot behind and to the side of the right foot and ...

Application for Twin Knife Hand Inward Strike: Twin Attack to Neck



With opponent at close quarters, a potentially devastating attack is to ...



... target both carotid arteries simultaneously with twin knife hand inward strike.

Kodang



... slide back into right I-stance left outer forearm downward block (*niunja so bakat palmok naeryo makgi*).



34 Execute right dodging reverse hooking kick (*pihamyo bandae dollyo goro chagi*) landing in ...



... left l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Dodging Reverse Hooking Kick: Close-Range Kicking Attack and Retreat



When opponent is too close to kick, ...



... jumping upwards and backwards gives sufficient range to execute high section reverse hooking kick and ...



... to land at a far enough distance from opponent to better avoid or counter his counter attack.

Kodang



35 Move the right foot behind and to the side of the left foot and slide back into left l-stance right outer forearm downward block (*niunja so bakat palmok naeryo makgi*).



36 Execute left dodging reverse hooking kick (*pihamyo bandae dollyo goro chagi*) landing in ...



... right l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Teaching Tip: Outer Forearm Downward Block



The purpose of the outer forearm downward block is to force the attacking tool to the floor and the blocking arm must start low ...



... and describe an arc before ...



... completing the block in a circular motion at solar plexus level, with the blocking arm bent and at a 45-degree angle to the body, with the side fist held slightly higher than the elbow.

Kodang



37 Step forward quickly with the right foot ...



... and then the left foot to gain momentum to ...



... jump forwards and high enough to ...



... execute flying two direction kick (*twimyo sangbang chagi*), comprising a left twisting kick (*bituro chagi*) and a right side kick (*yop chagi*), ...



38 ... landing in left diagonal stance twin palm rising block (*sasun so sang sonbadak chookyo makgi*).



39 Turn 180 degrees counter clockwise, pivoting on the left foot and sliding back into right rear foot stance right side elbow thrust (*dwitbal so yop palkup tulgi*).

Application for Flying Two Direction Kick and Twin Palm Rising Block: Defence against Three Attackers



Defender is faced with three attackers advancing towards him in a triangular formation.



To seize the initiative and avoid being cornered by the group, defender rapidly closes the distance and jumps ...



... to deal with the first two attackers on either side with a twin direction kick and ...



... landing with a twin palm rising block anticipating third attacker's downward kick.

Kodang



40 Raise the left foot to form a right bending ready stance B (*goburyo junbi sogi B*) looking over the left shoulder and execute a left middle section back piercing kick (*kaunde dwitcha jirugi*). Perform this move in a slow motion.



41 Turn 180 degrees counter clockwise, pivoting on the right foot lowering the left foot in a stamping motion into right l-stance left back fist horizontal strike (*niunja so dung joomuk soopyong taerigi*).



42 Move the right foot forward into parallel stance right flat fingertip high section inward cross cut (*narani so opun sonkut nopunde anuro ghutgi*).

Application for Back Fist Horizontal Strike and Inward Cross Cut: Attack to Solar Plexus and Eyes



Where opponent is facing sideways, solar plexus can be effectively targeted by back fist strike and ...



... followed up by turning into opponent with inward cross cut to the eyes.

Kodang



43 Jumping forwards, execute consecutively a right front punch (*ap jirugi*)...



... and a right upset punch (*dwijibo jirugi*) ...



... landing in closed stance (*moa sogi*) with the hands remaining in the upset punch position.

Teaching Tip: Jumping Consecutive Front and Upset Punch



In order to ensure that you land in the correct stance, bring your feet together as soon as you jump and ...



... extend the reaction arm for the front punch, but ...



... only fully retract the reaction arm as you execute the upset punch.

Kodang



44 Step forward with the right foot into right walking stance left knife hand front downward strike (*gunnun so sonkal ap naeryo taerigi*).



45 Step forward with the left foot into left walking stance right middle section punch (*gunnun so ap jirugi*) Shout 'Kodang'.



Move the right foot and return to ready posture: parallel stance with a twin side elbow (*narani so sang yop palkup*).

Application for Knife Hand Downward Strike and Punch: Attack to Clavicle and Neck



Knife hand downward strike to clavicle forces opponent's head in direction of the strike, ...



... exposing the opposite side of the neck to a follow-up punch.

8 Sam-Il Tul

Sam-Il



Meaning

meaning

Sam-Il denotes the historical date of the independence movement of Korea, which began throughout the country on 1 March 1919. The thirty-three movements in this pattern stand for the thirty-three patriots who planned the movement.

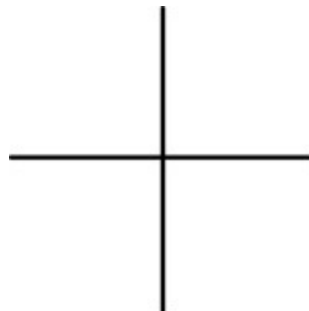
Description

In Sam-Il the focus returns from the more technical aspect in Kodang to solidly practical self-defence, with many rapid changes of direction to deal with multiple attackers.

A significant self-defence technique that is introduced in move 16 is the sweeping kick: an essential weapon in the self-defence armoury when it is necessary to take an opponent to the ground, particularly useful when facing more than one attacker. In a similar vein, the double low punch is introduced in moves 10 and 13: another useful attacking technique against an opponent who is on, or on his way to, the ground. Note also, the first occurrence of a middle section twisting kick in move 4 – a highly effective sparring technique for coming underneath an opponent's 'traditional' guard.

Although a less obviously technical pattern, try not to lose focus on the detail – the change of toe position when pivoting from diagonal to walking stance in move 21 is often overlooked.

There are thirty-three moves in the pattern and its diagram is:



Grading Syllabus

Sam-Il is taught at 3rd Dan and forms part of the grading examination for 4th Dan.

Techniques Introduced

Defensive

knife hand high section side block (*sonkal nopunde yop makgi*)

-

- reverse knife hand wedging block (*sonkal dung hechyo makgi*)

-

- reverse knife hand guarding block (*sonkal dung daebi makgi*)

-

Offensive

- double fist low section punch (*doo joomuk najunde jirugi*)

-

- sweeping kick (*suroh chagi*).

-

Sam-II



Ready posture: closed ready stance C (*moa junbi sogi C*).



1 Raise arms and push off the right foot ...



... to slide forward into right l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Forward Sliding Forearm Guarding Block: Pre-Emptive Block of Attack



As soon as attacker just outside attacking range starts to step in with a punch, ...



... sliding in with forearm guarding block is the quickest way to close the relatively short (compared to when needing to jump forward) distance and to 'smother' the attack in its early stages with a good 'covering' block.

Sam-II



2 Step forward with right foot into right walking stance double forearm high section block (*gunnun so doo palmok nopunde makgi*).



3 Step forward with the left foot into left walking stance right knife hand high section side block (*gunnun so sonkal nopunde yop makgi*), placing the left palm just below the wrist on the back of the right forearm, just below the wrist.



4 Keeping the arms in the same position, execute right middle section twisting kick (*kaunde bituro chagi*).

Application for Knife Hand Side Block: Blocking Punch and Applying Wrist Lock



Defender blocks attacker's punch on the outside of the wrist with the knife hand side block and ...



... attacker then grabs wrist of defender's blocking hand that defender in turn grabs with his other hand.



Defender can then easily apply a wrist lock by moving right arm away from attacker and toward the floor.

Sam-II



5 Lower the right foot into right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



6 Move the right foot diagonally back to the centre line and ...



... turn 90 degrees counter clockwise, pivoting on the right foot and slip the left foot back into sitting stance reverse knife hand middle section wedging block (*annun so sonkal dung kaunde hechyo makgi*).

Application for Reverse Knife Hand Wedging Block: Pre-Emptive Strike against Grab



Although many other hand and arm parts can be used in wedging block to preempt a grab with both hands from the front, ...



... the reverse knife hand offers the longest range and, when the finger joint is adequately conditioned, focuses the power of the striking motion the most to cause maximum damage to attacker's wrists.

Sam-II



7 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot into left walking stance right upset fingertip low section thrust (*gunnun so dwijibun sonkat najunde tulgi*).



8 Move the left foot back into right l-stance right outer forearm high section block (*niunja so bakat palmok nopunde makgi*) and, at the same time, left outer forearm low section block (*bakat palmok najunde makgi*).



9 Turn 90 degrees counter clockwise, pivoting on the left foot and move the right foot sideways into sitting stance reverse knife hand middle section wedging block (*annun so sonkal dung kaunde hechyo makgi*).

**Application for Low and High Section Outer Forearm Blocks:
Defence against Two Attackers**



Attacker in front draws leg back for front snap kick as second attacker behind and to side starts to raise leg for turning kick as defender ...



... uses low and high section blocks to defend against both attacks at the same time.

Sam-II



10 Turn 90 degrees clockwise, pivoting on the left foot and slip the right foot out into left l-stance double fist low section punch (*niunja so doo joomuk kaounde jirugi*).



11 Step forward with the left foot into left walking stance double arc-hand high section block (*gunnun so doo bandalson nopunde makgi*).



12 Step forward with the right foot into right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).

Application for Double Fist Low Section Punch: Blocking Front Snap Kick with Counter Attack to Groin



Attacker steps in to attack with front snap kick as defender shifts to the side to ...



... block attacker's front snap kick on shin with rear fist of double fist low section punch and simultaneously counter attacking to groin with lead fist punch.

Sam-II



13 Move the right foot diagonally back to the centre line, turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into right l-stance double fist low section punch (*niunja so doo joomuk napunde jirugi*).



14 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot out into right l-stance reverse knife hand high section guarding block (*niunja so sonkal dung nopunde daebi makgi*).



15 Slip the left foot into left fixed stance u-shape block (*gojung so digutja makgi*).

Application for Double Fist Low Section Punch: Release from Grab



Attacker moves to grab defender by the hips as defender raises hands and ...



... uses downward, twisting motion of double fist punch to break grab.

Sam-II



16 Execute right side sole sweeping kick (*yop bal badak suroh chagi*) then ...



... lower the right foot into right fixed stance u-shape block (*gojung so digutja makgi*).



17 Jump and turn 360 degrees counter clockwise in the air ...

Application for Side Sole Sweeping Kick: Sweeping Opponent's Leg



Side sole sweeping kick is most effective as opponent starts to place weight on his front leg, ...



... resulting in opponent losing balance and falling down to create an excellent opportunity for ...



... a rapid follow-up attack such as low section reverse punch.

Sam-II



... to land on the same spot in left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



18 Keeping the arms in place, execute right middle section side piercing kick (*kaunde yopcha jirugi*).



19 Lower the right foot next to the left foot and turn 180 degrees counter clockwise, pivoting on the right foot into left walking stance right front elbow strike (*gunnun so ap palkup taerigi*), with the right front elbow striking the left palm.

Application for Side Kick and Front Elbow Strike: Defence against Two Attackers



Defender deals with attacker advancing from front with side kick – a powerful, stopping technique – before ...



... turning and tackling attacker advancing from rear with front elbow strike.

Sam-II



20 Step forward with the right foot turning 90 degrees counter clockwise, pivoting on the left foot into left diagonal stance left back elbow thrust (*sasun so dwit palkup tulgi*), pressing the right palm onto the left fore fist.



21 Turn 90 degrees clockwise, pivoting on both feet into right walking stance x-fist pressing block (*gunnun so kocha joomuk noollo makgi*).



22 Turn 90 degrees clockwise, pivoting on the right foot and stamp down with the left foot into sitting stance left outer forearm w-shape block (*annun so bakat palmok san makgi*).

**Application for Back Elbow Thrust and X-Fist Pressing Block:
Defence against Two Attackers**



Defender is between two attackers and shifts ...



... back to deliver back elbow thrust to closest attacker and then ...



... shifts forward into walking stance to block second attacker's front snap kick with x-fist pressing block.

Sam-II



23 Execute left middle section side piercing kick (*kaunde yopcha jirugi*), at the same time forming a forearm guarding block.



24 Lower the left foot just behind the right foot and turn 180 degrees clockwise pivoting on the left foot into left l-stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).



25 Step forward with the left foot into right rear foot stance left palm upward block (*dwitbal so sonbadak ollyo makgi*).

Application for Low Section Guarding Block and Palm Upward Block: Blocking Front Snap Kick and Counter Attack



Defender blocks attacker's front snap kick with knife hand low section guarding block on inside of attacking leg and ...



... steps forward a short distance into rear foot stance to counter attack to the groin with palm upward block.

Sam-II



26 Step forward with the right foot into left rear foot stance twin palm pressing block (*dwitbal so sang sonbadak noollo makgi*).



27 Turn 90 degrees counter clockwise, pivoting on the right foot and stamp down with the left foot into left walking stance twin fist upset punch (*gunnun so sang joomuk dwijibo jirugi*).



28 Step forward with the right foot into left l-stance right outer forearm low section block (*niunja so bakat palmok najunde makgi*), pulling the left fist back to under the left armpit.

Application for Twin Palm Pressing Block: Forcing Falling Opponent to the Ground



Opponent's head drops low after front snap kick to groin and ...



... he can then be forced to the ground with twin palm pressing block to back of the head.

Sam-II



29 Execute left l-stance left middle punch (*niunja so kaunde ap jirugi*), pulling the right fist to the left shoulder.



30 Turn 180 degrees counter clockwise, pivoting on the right foot into left walking stance right outer forearm middle section front block (*gunnun so bakat palmok kaunde ap makgi*).



31 Execute left walking stance left high section punch (*gunnun so nopunde ap jirugi*). Perform moves 30 and 31 in a continuous motion.

**Application for Punch from Armpit Following Low Section
Block: Short-Range Counter Attack**



Defender steps in to block attacker's front snap kick at close quarters targeting the thigh with outer forearm block and then ...



... raising reaction arm higher to deliver close-range reverse counter punch.

Sam-II



32 Keeping the arms in the same position, execute left low section front snap kick (*najunde apcha busigi*).



33 Lower the left foot in front of the right and then step forwards with the right foot in a stamping motion into right walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*). Shout 'Sam Il'.



Move the left foot and return to ready posture: closed ready stance C (*moa junbi sogi C*).

**Application for Front Snap Kick and Twin Vertical Punch:
Attack to Groin and Head**



Opponent drops guard and moves back after front snap kick to groin and ...



... attack is pursued by stepping in with twin vertical punch to head.

9 Yoo-Sin Tul

Yoo-Sin



Meaning

Meaning

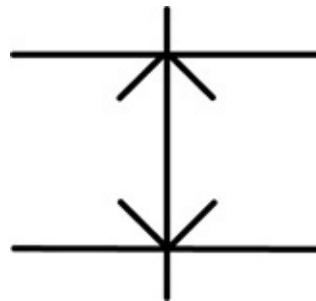
Yoo-Sin is named after General Kim Yoo Sin, a commanding general during the Silla Dynasty. The sixty-eight movements refer to the last two figures of AD668, the year Korea was united. The ready posture signifies a sword drawn on the right rather than left side, symbolizing Yoo Sin's mistake of following his King's orders to fight with foreign forces against his own nation.

Description

Yoo-Sin is the second-longest of the Taekwon-Do patterns and it covers a lot of ground to include many and varied defensive and offensive combinations in every direction.

In the early stages of the pattern, particular attention is paid to pivoting on the balls of both feet to quickly face an opponent or avoid an attack, culminating in four successive 90-degree pivots between walking stance and sitting stance in moves 16 to 19. Try to execute these moves smoothly with minimal raising of the body as you pivot. Similarly, control needs to be exercised when executing the waving kicks in moves 52 and 53, with the body remaining full facing and no movement in the shoulders. Also, make sure the body is full facing in the direction of the kick at the point of impact of the other new kick, the crescent kick, introduced in moves 55 and 58.

There are sixty-eight moves in the pattern and its diagram is:



Grading Syllabus

Yoo-Sin is taught at 3rd Dan and forms part of the grading examination for 4th Dan.

Techniques Introduced

Stances

- warrior ready stance B (*moosa junbi sogi B*)

-

Defensive

sitting stance releasing motion (*annun so baegi*)

-

x-knife hand rising block (*kyocha joomuk chookyo makgi*)

-

Offensive

u-shape punch (*digutja jirugi*)

-

waving kick (*doro chagi*)

-

back hand horizontal strike (*sondung soopjong taerigi*)

-

crescent kick (*bandal chagi*).

-

Yoo-Sin



Ready posture: warrior ready stance B (*moosa junbi sogi B*).



1 Move left foot sideways into sitting stance releasing motion (*annun so baegi*) by raising, at the same time, both elbows sharply to a horizontal position with the arms bent, hands open and palms facing down.



2 Slide to the right and execute sitting stance left angle punch (*annun so giokja jirugi*), turning the head in the direction of the punch.

Application for Sitting Stance Releasing Motion: Release from Bear Hug



Attacker wraps his arms around defender from behind, pinning defender's arms in a bear hug.



By dropping body weight down and, at the same time, raising the arms sharply,
...



... defender slips bear hug and breaks attacker's grip.

Yoo-Sin



3 Slide to the left and execute sitting stance right angle punch (*annun so giokja jirugi*), turning the head in the direction of the punch. Perform moves 2 and 3 in a fast motion.



4 Straighten the legs and execute right palm middle section hooking block (*sonbadak kaunde golcho makgi*).



5 Resume the stance to execute sitting stance left middle section punch (*annun so kaunde jirugi*).

Application for Angle Punch to Rear: Attack to Opponent Behind



When opponent is directly behind and slightly to the side, such as previous releasing move, ...



... angle punch can reach opponent's face over shoulder and ...



... reaction arm can also deliver elbow thrust to opponent's middle section.

Yoo-Sin



6 Straighten the legs and execute left palm middle section hooking block (*sonbadak kaunde golcho makgi*).



7 Resume the stance to execute sitting stance right middle section punch (*annun so kaunde jirugi*).



8 Turn 45 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left outer forearm high section side block (*gunnun so bakat palmok nopunde yop makgi*).

Application for High Section Outer Forearm Side Block: Blocking Turning Kick



As attacker starts to raise leg for turning kick, defender turns and ...



... steps into kick providing greater momentum for high side block against a strong kick.

Yoo-Sin



9 Execute left walking stance right inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



10 Turn 90 degrees clockwise, pivoting on both feet into sitting stance left palm scooping block (*annun so sonbadak duro makgi*).



11 Execute sitting stance right middle section punch (*annun so kaunde ap jirugi*). Perform moves 10 and 11 in a connecting motion.

Teaching Tip: Circular Block and Palm Scooping Block Combination



After completing the circular block, start to extend the blocking arm to become the reaction arm for the next technique (this is often forgotten), ...



... keep the body at the same, low height as you start to turn and ...



... then draw the reaction arm back as you raise the body to execute the palm scooping block at the top of the sine wave.

Yoo-Sin



12 Move left foot next to right foot and then move the right foot forward into right walking stance right outer forearm high section side block (*gunnun so bakat palmok nopunde yop makgi*).



13 Execute right walking stance left inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



14 Turn 90 degrees counter clockwise, pivoting on both feet into sitting stance right palm scooping block (*annun so sonbadak duro makgi*).

**Application for Circular Block and Palm Scooping Block:
Blocking Front Snap Kick and Counter Attack**



Defender catches attacker's front snap kick with circular block, ...



... fully turns defender as block completes and ...



... counter attacks with palm scooping block between attacker's legs targeting testicles.

Yoo-Sin



15 Execute sitting stance left middle section punch (*annun so kaunde ap jirugi*). Perform moves 14 and 15 in a connecting motion.



16 Turn 90 degrees counter clockwise, pivoting on both feet into left walking stance right palm high section hooking block (*gunnun so sonbadak nopunde golcho makgi*).



17 Turn 90 degrees clockwise, pivoting on both feet into sitting stance left middle section punch (*annun so kaunde ap jirugi*).

**Application for Palm Hooking Block and Punch Combinations:
Blocking and Counter Attacking Alternate Punches**



Attacker starts to punch as defender immediately starts to turn to block and ...



... redirect attacker in the opposite direction with high palm hooking block, exposing attacker's ribcage to ...

Yoo-Sin



18 Turn 90 degrees clockwise, pivoting on both feet into right walking stance left palm high section hooking block (*gunnun so sonbadak nopunde golcho makgi*).



19 Turn 90 degrees counter clockwise, pivoting on both feet into sitting stance right middle section punch (*annun so kaunde ap jirugi*). Perform moves 16 to 19 in a continuous motion.



20 Turn 45 degrees clockwise, pivoting on the left foot and step back with the right foot into left walking stance x-fist pressing block (*gunnun so kyocha joomuk noollo makgi*).

**Application for Palm Hooking Block and Punch Combinations
Continued: Blocking and Counter Attacking Alternate Punches**



... middle section counter punch that is made more powerful by defender turning back to original position.



Attacker then tries to punch with other hand, defender redirects in the opposite direction by turning away and executing another high palm hooking block, ...



... leaving attacker exposed to another turning middle section counter attack.

Yoo-Sin



21 Execute left walking stance x-knife hand rising block (*gunnun so kyocha sonkal chookyo makgi*). Perform moves 20 and 21 in a continuous motion.



22 Draw the hands down with the left palm covering the right fist in preparation for ...



... left walking stance right middle section punch (*gunnun so kaunde ap jirugi*), keeping the left palm in contact with the punching arm and finishing on top of the right elbow joint.

Application for X-Knife Hand Rising Block and Punch with Grab: Blocking Downward Strike and Counter Attack



After blocking attacker's downward strike with x-knife hand rising block, ...



... defender grabs attacker's punching arm with lead hand and pulls it back to hip, lowering and turning attacker's head for ...



... reverse punch counter attack.

Yoo-Sin



23 Keeping the arms in same position, execute right low section front snap kick (*najunde apcha busigi*).



24 Lower the right foot into right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



25 Execute right walking stance x-fist pressing block (*gunnun so kyocha joomuk noollo makgi*).

Application for Low Section Front Snap Kick Using Toes: Attack to Groin and Thigh



In bare feet, toes can be used as attacking tool with front snap kick to groin, although ...



... when shoes are worn, 'harder' areas such as the femur can be targeted.

Yoo-Sin



26 Execute right walking stance x-knife hand rising block (*gunnun so kyocha sonkal chookyo makgi*). Perform moves 25 and 26 in a continuous motion.



27 Execute right walking stance left middle section punch (*gunnun so kaunde ap jirugi*) keeping the right palm in contact with the punching arm and finishing on top of the left elbow joint.



28 Keeping the arms in the same position, execute left low section front snap kick (*najunde apcha busigi*).

Application for Punch with Grab: Pulling Opponent onto Kick



After punching underneath opponent's grabbed arm, ..



... grab can be maintained to pull opponent onto front snap kick.

Yoo-Sin



29 Lower the left foot into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



30 Step forward with the right foot into left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*)



31 Step forward with the left foot into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

**Application for Successive Knife Hand Guarding Blocks:
Blocking Turning Kick and Counter Attack**



Defender blocks attacker's turning kick with knife hand guarding block and ...



... as attacker withdraws leg, defender steps ...



... forward to counter attack with another knife hand guarding block targeting attacker's clavicle.

Yoo-Sin



32 Step back with the left foot into left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



33 Step back with the right foot into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



34 Step forward with the right foot into right walking stance right double forearm high section block (*gunnun so doo palmok nopunde makgi*).

Application for Knife Hand Guarding Block and Double Forearm Block: Blocking Side Kick and Counter Attack



As attacker starts to kick, defender steps back ...



... to block side kick with knife hand guarding block and then ...



... immediately steps forward to counter attack with high section double forearm block.

Yoo-Sin



35 Execute right walking stance left outer forearm low section block (*gunnun so bakat palmok najunde makgi*) keeping the right arm in place from from the previous block. Perform moves 34 and 35 in a fast motion.



36 Step forward with the left foot into left walking stance left double forearm high section block (*gunnun so doo palmok nopunde makgi*).



37 Execute left walking stance right outer forearm low section block (*gunnun so bakat palmok najunde makgi*) keeping the left arm in place from from the previous block. Perform moves 36 and 37 in a fast motion.

Teaching Tip: Double Forearm High Section Block and Outer Forearm Low Section Block Combination – Kwang-Gae vs Yoo-Sin



Although the same high section double forearm block and low forearm block combination is performed with a shift backwards on the second block in pattern Kwang-Gae, ...



... there are two differences in Yoo-Sin: first, it is performed as a fast motion and, ...



... second, there is no shift backwards on the second block.

Yoo-Sin



38 Step forward with the right foot into right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



39 Move the left foot forward diagonally to the centre line and turn ...



... 180 degrees counter clockwise, pivoting on the left foot and moving the right foot back into right l-stance reverse knife hand high section block (*niunja so sonkal dung nopunde makgi*).

**Application for 180-Degree Turn and Reverse Knife Hand Block:
Adjusting Distance and Blocking Turning Kick from Behind**



Attacker launches turning kick from behind defender who moves foot slightly forward before turning ...



... to adjust distance to avoid kick and block with reverse knife hand.

Yoo-Sin



40 Move the right foot forward into closed ready stance C (*moa junbi sogi C*).



41 Turn 45 degrees clockwise, pivoting on the left foot and stamp down with the right foot into right walking stance twin fist upset punch (*gunnun so sang joomuk dwijibo jirugi*).



42 Move the right foot next to the left foot, turn 90 degrees counter clockwise, pivoting on the right foot and stamp down with the left foot into left walking stance twin fist upset punch (*gunnun so sang joomuk dwijibo jirugi*).

Application for Twin Upset Punch from Closed Stance: Close-Range Counter Attack from Standing Position



With defender in standing position and attacker at close range and about to attack from the side, using short turn and ...



... stamping with lead leg makes twin upset punch a powerful close-quarters self-defence technique.

Yoo-Sin



43 Move the left foot next to the right foot, turn 135 degrees clockwise, pivoting on the left foot and move the right foot forward into left l-stance right inner forearm middle section block (*niunja so an palmok kaunde makgi*).



44 Execute left l-stance left middle section punch (*niunja so kaunde ap jirugi*).



45 Turn 90 degrees counter clockwise, pivoting on the left foot and moving the right foot next to the left into closed stance right angle punch (*moa so giokja jirugi*). Perform this move in a slow motion.

Application for Inner Forearm Block and Punch: Blocking Turning Kick and Counter Attack



Defender slides in to block attacker's turning kick with inner forearm block higher up leg, ...



... allowing instant counter attack with punch before opponent lands.

Yoo-Sin



46 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot forward into right l-stance left inner forearm middle section block (*niunja so an palmok kaunde makgi*).



47 Execute right l-stance right middle section punch (*niunja so kaunde ap jirugi*).



48 Turn 90 degrees clockwise, pivoting on the right foot and moving the left foot next to the right into closed stance left angle punch (*moa so giokja jirugi*). Perform this move in a slow motion.

Application for Punch, 90-Degree Turn and Angle Punch: Attack to Stomach and Back of Head



Opponent reacts to punch to stomach by leaning forward and ...



... attack is pursued by drawing back leg forward and turning to execute angle punch to back of opponent's head.

Yoo-Sin



49 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left fixed stance u-shape punch (*gojung so digutja jirugi*).



50 Move the left foot back to the right foot and then move the right foot forward into right fixed stance u-shape punch (*gojung so digutja jirugi*).



51 Raise the right leg and stamp down with the right foot to the side of the left foot into sitting stance right back fist front strike (*annun so dung joomuk ap taerigi*).

Application for U-Shape Punch: Pre-Emptying Grab



As soon as attacker moves to grab defender, ...



... then defender avoids grab and counter attacks with u-shape punch to attacker's groin and head.

Yoo-Sin



52 Execute right waving kick (*doro chagi*) and then ...



... return to sitting stance right outer forearm high section outward block (*annun so bakat palmok nopunde bakuro makgi*) without raising or lowering the arms and blocking at an angle of 45 degrees to the right.



53 Execute left waving kick (*doro chagi*) and then ...

**Application for Waving Kick and Outer Forearm Front Block:
Blocking Front Snap Kick and Counter Attack**



Defender blocks attacker's front snap kick with waving kick to the inside of attacker's leg and ...



... counter attacks with outer forearm front block to side of attacker's head.

Yoo-Sin



... return to sitting stance left outer forearm high section front block (*annun so bakat palmok nopunde ap makgi*) without raising or lowering the arms and blocking at an angle of 45 degrees to the left.



54 Execute sitting stance right back hand horizontal strike (*annun so sondung soopjong taerigi*) to the right side.



55 Keeping the right striking arm in place, execute left middle section crescent kick (*kaunde bandal chagi*) striking the right palm.

Application for Outer Forearm Front Block and Back Hand Horizontal Strike: Release from Grab and Counter Attack



Attacker grabs defender's shoulder from the side, ...



... defender breaks grab with front block and ...



... counter attacks with back hand horizontal strike to side of head.

Yoo-Sin



56 Chamber the kicking leg and ...



... execute left middle section side piercing kick (*kaunde yopcha jirugi*).
Perform moves 55 and 56 as a consecutive kick.



57 Lower the left foot forward (having turned 180 degrees clockwise since move 55) into sitting stance left back hand horizontal strike (*annun so sondung soopjong taerigi*) to the left side.

Application for Back Hand Horizontal Strike: Target Areas



With the exception of attacking the nose, flat hand is ...



... best used against 'flatter' targets, such as the ear or ...



... the sternum.

Yoo-Sin



58 Keeping the left striking arm in place, execute right middle section crescent kick (*kaunde bandal chagi*) striking the left palm.



59 Chamber the kicking leg and execute right middle section side piercing kick (*kaunde yopcha jirugi*). Perform moves 58 and 59 as a consecutive kick.



60 Lower the left foot forward (having turned 180 degrees counter clockwise since move 57) into sitting stance right 9-shape block (*annun so gutja makgi*).

**Application for Consecutive Crescent and Side Piercing Kick:
Blocking Punch and Counter Attack**



Attacker steps in to punch and defender ...



... blocks with crescent kick, turning attacker into position for ...



... rapid counter attack to side of rib cage with side piercing kick.

Yoo-Sin



61 Execute sitting stance left 9-shape block (*annun so gutja makgi*).



62 Turn 180 degrees clockwise, pivoting on the right foot into sitting stance right 9-shape block (*annun so gutja makgi*).



63 Execute sitting stance left 9-shape block (*annun so gutja makgi*).

Application for 9-Shape Block and 180-Degree Turn: Release from Grab and Counter Attack



Defender breaks attacker's grab from front with 9-shape block and ...



... grabs attacker's wrist, raising attacker's arm while turning ...



... underneath arm to apply lock on attacker's elbow joint over defender's shoulder.

Yoo-Sin



64 Turn 90 degrees clockwise, pivoting on the right foot and moving the left foot towards the right into left vertical stance right side fist downward strike (*soojik so yop joomuk naeryo taerigi*).



65 Turn 90 degrees counter clockwise, pivoting on the left foot and move the right foot back into left walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).



66 Turn 180 degrees counter clockwise, pivoting on the left foot and move the right back into left walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).

Application for Side Fist Downward Strike: Target Areas



The downward motion and height of the stance of downward side fist strike in vertical stance restrict the target areas to the clavicle, ...



... the bridge of the nose or ...



... the top of the head.

Yoo-Sin



67 Move the right foot next to the left foot, turn 135 degrees counter clockwise, pivoting on the right foot and move the left foot forward into right l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



68 Move the left foot next to the right foot, turn 90 degrees clockwise, pivoting on the left foot and move the right foot forward into left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*). Shout 'Yoo-Sin'.



Move the right foot and return to ready posture: warrior ready stance B (*moosa junbi sogi B*).

Application for Alternate Knife Hand Guarding Blocks: Defence against Two Attackers



Defender is about to be hemmed in by two attackers and ...



... forces one back with knife hand guarding block, leaving enough room to quickly turn and ...



... create more space by forcing other attacker back with knife hand guarding block on the other side.

10 Choi-Yong Tul

Choi-Yong



Meaning

meaning

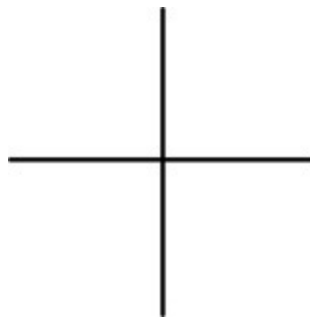
Choi-Yong is named after General Choi Yong, Premier and Commander in Chief of the armed forces during the 14th century Koryo Dynasty. Choi Yong was greatly respected for his loyalty, patriotism and humility. He was executed by his subordinate commanders, headed by general Yi Sung Gae, who later became the first King of the Lee Dynasty.

Description

With only one new technique introduced, the main focus of Choi-Yong is practical blocking and counter attack combinations. The tone is set in the opening moves that comprise two sets of strong, fast self-defence moves, each of which is performed twice against two attackers by incorporating a spot turn. The choice of stance in the two sets of combinations demonstrates the importance of choosing the correct one to deal with attackers at different distances without the need for any adjustment.

Balance when kicking is further tested with the turning, reverse hooking and side kick combination in moves 12 to 14 and 17 to 19 – you must avoid over-rotation on reverse hooking kick to maintain body position and balance for the consecutive side kick. Also, walking away from your opponent in move 29 provides an interesting reminder that you sometimes need to be able to move beyond basic attacking and defending by setting your opponent up, in this case by seeing if he will chase you.

There are forty-six moves in the pattern and its diagram is:



Grading Syllabus

Choi-Yong is taught at 3rd Dan and forms part of the grading examination for 4th Dan.

Techniques Introduced

Defensive

- knife hand w-shape block (*sonkal san makgi*).

Choi-Yong



Ready posture: closed ready stance C (*moa junbi sogi C*).



1 Move left foot forward into right rear foot stance forearm middle section guarding block (*dwitbal so palmok kaunde daebi makgi*).



2 Execute right rear foot stance left middle knuckle fist high section punch (*dwitbal so joongi joomuk nopunde jirugi*).

Teaching Tip: Middle Section vs High Section Middle Knuckle Punch



Middle section middle knuckle punch starts with palm of fist facing down to deliver 180-degree turn of fist in an upward motion.



High section middle knuckle punch starts with the back of fist facing down to deliver ...



... minimal turning of fist in a straight, snapping motion.

Choi-Yong



3 Move the left foot slightly back diagonally to the right and turn 180 degrees clockwise, pivoting on the left foot into left rear stance forearm middle section guarding block (*dwitbal so palmok kaunde daebi makgi*).



4 Execute left rear foot stance right middle knuckle fist high section punch (*dwitbal so joongi joomuk nopunde jirugi*).



5 Move the right foot slightly back diagonally to the left and turn 180 degrees counter clockwise, pivoting on the right foot into left walking stance left knife hand rising block (*gunnun so sonkal chookyo makgi*).

Application for Forearm Guarding Block and Middle Knuckle Punch: Blocking Punch and Counter Attack



Attacker punches at close range from standing position and defender comes forward slightly to block with forearm guarding block in rear foot stance, ...



... putting defender in range for rapid, consecutive counter attack with high section middle knuckle fist punch, ...



... using precision of attacking tool to target more accurately: *e.g.* the philtrum.

Choi-Yong



6 Execute left walking stance right inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



7 Execute left walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



8 Move the left foot diagonally back to the centre line and turn 180 degrees clockwise, pivoting on the left foot into right walking stance right knife hand rising block (*gunnun so sonkal chookyo makgi*).

**Application for 180-Degree Turn and Knife Hand Rising Block:
Attack to Opponent Closing in from Behind**



When opponent is close behind, spot turning with ...



... knife hand rising block not only protects against attack, but can also attack at close range underneath opponent's jaw or ...



... philtrum.

Choi-Yong



9 Execute right walking stance left inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



10 Execute right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



11 Move the right foot diagonally back to the centre line and turn 180 degrees counter clockwise, pivoting on the right foot into right l-stance knife hand low section guarding block (*niunja so sonkal kaunde daebi makgi*).

Application for Circular Block: Defence against Two Attackers



First attacker standing close to second starts to kick and ...



... defender uses turning effect of circular block to ...



... turn first attacker into second attacker, stifling second attack.

Choi-Yong



12 Execute right middle section turning kick (*kaunde dollyo chagi*) and ...



... lower the right foot in front of, and to the side of, the left in preparation for executing ...



13 ... left high section reverse hooking kick (*nopunde bandae dollyo goro chagi*), and then ...

**Application for Turning Kick and Reverse Hooking Kick:
Pursuing Retreating Opponent**



Opponent starts to step back to avoid middle section turning kick, but attacker uses the momentum of the kick to ...



... close the distance by stepping down and continuing to turn to ...



... catch opponent with high section reverse hooking kick.

Choi-Yong



14 ... execute left middle section side piercing kick (*kaunde yopcha jirugi*), pulling both hands back in the opposite direction. Perform moves 13 and 14 as a consecutive kick.



15 Step down with the left foot into left walking stance right front elbow strike (*gunnun so appalkup taerigi*), striking the left palm with the right elbow.



16 Move the left foot diagonally back to the centre line and turn 180 degrees clockwise, pivoting on the left foot into left l-stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).

**Application for Side Piercing Kick and Front Elbow Strike:
Attack to Stomach and Head**



Side piercing kick to middle section forces opponent's head to drop, which can then be grabbed and used to ...



... pull opponent onto front elbow strike as kicking leg lands.

Choi-Yong



17 Execute left middle section turning kick (*kaunde dollyo chagi*) and, ...



18 ... after lowering the left foot in front of, and to the side of, the right, execute right high section reverse hooking kick (*nopunde bandae dollyo goro chagi*), and then ...



19 ... execute right middle section side piercing kick (*kaunde yopcha jirugi*), pulling both hands back in the opposite direction. Perform moves 18 and 19 as a consecutive kick.

Application for Reverse Hooking Kick and Side Piercing Consecutive Kick: Attack to Head and Stomach



Reverse hooking kick brings opponent's head down ...



... creating momentary opportunity for longer-range consecutive side piercing kick to middle section.

Choi-Yong



20 Step down with the right foot into right walking stance left front elbow strike (*gunnun so ap palkup taerigi*), striking the right palm with the left elbow.



21 Step forward with the left foot into left walking stance right palm pressing block (*gunnun so sonbadak noollo makgi*).



22 Step forward with the right foot into right walking stance left palm pressing block (*gunnun so sonbadak noollo makgi*). Perform moves 21 and 22 in a fast motion.

Teaching Tip: Stepping Palm Pressing Blocks in Fast Motion



The performance of the two blocks in fast motion requires that they be performed in one continuous motion with the body held square throughout, ...



... with no pause as the first block finishes, starting the next step immediately and ...



... lowering the top hand and raising the bottom hand without any further travel after finishing to go straight into the second block.

Choi-Yong



23 Move the right foot in line with and just behind the left foot and then turn 180 degrees counter clockwise, pivoting on the right foot into left walking stance knife hand w-shape block (*gunnun so sonkal san makgi*).



24 Keeping the arms in the same position, execute right middle section front snap kick (*kaunde apcha busigi*).



25 Step down with the right foot into right l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Knife Hand W-Shape Block: Blocking Punch from Side and Maintaining Forward Orientation



First attacker moves in from side, defender starts to move forward toward second attacker and ...



... blocks punch from side with knife hand w-shape block while maintaining focus on attacker in front.

Choi-Yong



26 Step forward with the right foot into right walking stance knife hand w-shape block (*gunnun so sonkal san makgi*).



27 Keeping the arms in the same position, execute left middle section front snap kick (*kaunde apcha busigi*).



28 Step down with the left foot while turning 180 degrees clockwise, pivoting on the right foot into left l-stance forearm middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

Application for Knife Hand W-Shape Block: Blocking Attacks from Both Sides



Two attackers close in from both sides, defender starts to move forward and ...



... blocks both attacks with knife-hand w-shape block – use of walking stance makes it easier to ...



... continue to escape along gap between attackers.

Choi-Yong



29 Keeping the arms in the same position, step forward with the left foot and ...



... as the step completes, ...



... turn 180 degrees clockwise, pivoting on the right foot and sliding backwards into left l-stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Triple Step Turning: Increasing Distance to Face Attacker from Behind



Attacker closes in behind defender who ...



... takes two normal steps away to increase distance without signalling that he is fleeing and then ...



... turns sharply to face attacker with maximum element of surprise to continue defence.

Choi-Yong



30 Step forward with the left foot into left walking stance left flat fingertip high section thrust (*gunnun so opun sonkut nopunde tulgi*).



31 Move the left foot diagonally back to the centre line and turn 180 degrees clockwise, pivoting on the left foot into right walking stance right flat fingertip high section thrust (*gunnun so opun sonkut nopunde tulgi*).



32 Turn 90 degrees clockwise, pivoting on the left foot into parallel stance right palm middle section hooking block (*narani so sonbadak kaunde golcho makgi*).

Application for Alternate Fingertip Thrusts: Close-Range Defence against Two Attackers



Defender steps in to pre-empt first attacker with fingertip thrust, as second attacker closes in behind.



Defender spot turns to ...



... deliver short, fast fingertip thrust to second attacker.

Choi-Yong



33 Execute parallel stance left middle section punch (*narani so kaunde ap jirugi*).



34 Turn 180 degrees clockwise, pivoting on the left foot into left bending ready stance A (*guburyo junbi sogi A*).



35 Execute right middle section side piercing kick (*kaunde yopcha jirugi*), keeping the arms in a forearm guarding block.

**Application for 180-Degree Turn and Side Piercing Kick:
Avoiding Sweep from Behind and Counter Attack**



Attacker starts to sweep from behind as defender turns and ...



... avoids sweep by drawing leg back into bending ready stance and then ...



... counter attacks with side piercing kick.

Choi-Yong



36 Step down with the right foot in a jumping motion, turning 45 degrees counter clockwise into right x-stance right back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), with the left finger belly on the right side fist and striking in the direction of the jump.



37 Turn 225 degrees clockwise, pivoting on the left foot to execute right high section reverse hooking kick (*nopunde bandae dollyo goro chagi*).



38 Stamp down with the right foot into left l-stance right knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).

**Application for Reverse Turning Kick and Knife Hand Strike:
Attack to Head and Ribcage**



Immediately after connecting with reverse hooking kick to head, ...



... stamping down with kicking leg into knife hand outward strike delivers rapid follow-up attack to ribcage.

Choi-Yong



39 Turn 180 degrees counter clockwise, pivoting on the right foot into parallel stance left palm middle section hooking block (*narani so sonbadak kaunde golcho makgi*).



40 Execute parallel stance right middle section punch (*narani so kaunde ap jirugi*).



41 Turn 180 degrees counter clockwise, pivoting on the right foot into right bending ready stance A (*guburyo junbi sogi A*).

Application for Palm Hooking Block and Punch: Blocking Punch and Counter Attack in a Standing Position



Unable to step back, defender blocks attacker's stepping punch with palm hooking block, ...



... immediately grabs wrist and uses attacker's forward momentum to pull attacker onto punch counter attack.

Choi-Yong



42 Execute left middle section side piercing kick (*kaunde yopcha jirugi*) keeping the arms in a forearm guarding block.



43 Step down with the left foot in a jumping motion, turning 45 degrees clockwise into left x-stance left back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), with the right finger belly on the left side fist and striking in the direction of the jump.



44 Turn 225 degrees counter clockwise, pivoting on the right foot to execute left high section reverse hooking kick (*nopunde bandae dollyo goro chagi*).

**Application for Side Piercing Kick and Back Fist Side Strike:
Attack to Stomach and Head**



Side piercing kick forces opponent back and ...



... attack is pursued by jumping forward with side back fist strike to head.

Choi-Yong



45 Stamp down with the left foot into right l-stance left knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).



46 Step forward with the right foot and slide forward into right fixed stance right middle section punch (*gojung so kaunde ap jirugi*). Shout 'Choi-Yong'.



Move the right foot and return to ready posture: closed ready stance C (*moa junbi sogi C*).

Application for Stepping Sliding Punch: Pursuing Opponent with Punch Attack



One opponent steps back as other steps in ...



... and then rapidly closes the distance by stepping in with a sliding punch.

11 Yon-Gae Tul

Yon-Gae



Meaning

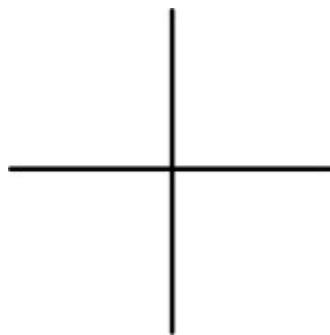
Yon-Gae is named after a famous general during the Koguryo Dynasty, Yon Gae Somoon. The forty-nine movements refer to the last two figures of AD649, the year he forced the Tang Dynasty to quit Korea after destroying nearly 300,000 of their troops at Ansi Sung.

Description

Yon-Gae explores movement backwards, forwards and sideways, whilst defending against, and attacking opponents, only to the front and to the side. Stepping, sliding, jumping and pivoting are all employed to vary distance when advancing and retreating, forcing the student to judge distance accurately (particularly when sliding or jumping) in order to return to the starting position. The only backward-facing movements are the inner forearm waist blocks, new techniques introduced in moves 38 and 41, which both incorporate a 180-degree turn to block a kick from the front – bear this in mind to ensure that you travel back the correct distance necessary to block the kick.

Yon-Gae also introduces a ‘trademark’ Taekwon-Do kicking technique, the mid-air kick in moves 44 and 45 – the challenge here is to gain enough height to fully extend the kicking leg at the apex of the jump and retain balance on landing.

There are forty-nine moves in the pattern and its diagram is:



Grading Syllabus

Yon-Gae is taught at 4th Dan and forms part of the grading examination for 5th Dan.

Techniques Introduced

Stances

warrior ready stance A (*moosa junbi sogi A*)

•

Defensive

- x-fist checking block (*kyocha joomuk momchau makgi*)
- reverse knife hand w-shape block (*sonkal dung san makgi*)
- twin straight forearm checking block (*sang son palmok momchau makgi*)
- inner forearm waist block (*an palmok hori makgi*)

Offensive

- long fist punch (*ghin joomuk jirugi*)
- flying knife hand side strike (*twimyp sonkal yop taerigi*)
- mid-air kick (*twio dolmyo chagi*).

Yon-Gae



Ready posture: warrior ready stance A (*moosa junbi sogi A*).



1 Raise arms and push off the left foot ...



... to slide back into right stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*). Perform this move in a circular motion.

Application for Warrior Stance: Release from Bear Hug



Attacker holds defender in bear hug high up the arms, allowing ...



... defender to break the hold with rear elbow strike to attacker's stomach.



When bear hug is lower down the arms, defender's rear elbow can create space to allow an alternative releasing technique.

Yon-Gae



2 Slip the right foot back into left walking stance right long fist high section punch (*gunnun so ghin joomuk nopunde jirugi*). Perform this move in a slow motion.



3 Slide back into left l stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).



4 Execute right flying knife hand side strike (*twimyo sonkal yop taerigi*) ...

Application for Long Fist Punch: Focused High Section Attacks



As well as offering slightly increased range, long fist punch is most effective for focusing penetrating power across softer high section targets, such as the throat or ...



... the philtrum.

Yon-Gae



... landing a full stance length forward from the previous move in left l stance, with the right arm still extended.



5 Shift back into left l stance x-fist checking block (*niunja so kyocha joomuk momchau makgi*).



6 Slip the right foot forward into right walking stance right flat fingertip high section outward cross cut (*gunnun so opun sonkut nopunde bakuro ghutgi*).

Application for X-Fist Checking Block and Cross Cut: Blocking Turning Kick and Counter Attack



Using a strong two-handed block like x-fist checking to block attacker's turning kick can ...



... break attacker's balance, allowing defender to ...



... slip forward with cross cut counter attack.

Yon-Gae



7 Move the right foot back into left rear foot stance right straight elbow downward thrust (*dwitbal so sun palkup naeryo tulgi*).



8 Jump forward turning the body 45 degrees clockwise into left x-stance left back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), striking in the direction of the jump.



9 Move the right foot back and turn 45 degrees counter clockwise, pivoting on the left foot into left walking stance right knife hand low section outward block (*gunnun so sonkal najunde bakuro makgi*).

Application for Straight Elbow Downward Thrust: Blocking Side Kick



Cross cut attack is avoided and ...



... exposed middle section tempts opponent to counter attack with ...



... side kick, which is forcefully blocked with straight elbow thrust targeting opponent's ankle joint or calf muscle.

Yon-Gae



10 Move the right foot forward into parallel stance left palm middle section hooking block (*narani so sonbadak kaunde golcho makgi*).



11 Execute parallel stance right middle section punch (*narani so kaunde ap jirugi*). Perform moves 10 and 11 in a continuous motion.



12 Slide back into left stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*). Perform this move in a circular motion.

Teaching Tip: Circular Motion in Reverse Knife Hand Low Section Guarding Block



To execute low section guarding block in a circular motion, hands are raised in front of the body and ...



... then lowered behind the body to describe a circle, delivering the block with
...



... more of a pushing (rather than the more usual striking) motion.

Yon-Gae



13 Slip the left foot back into right walking stance left long fist high section punch (*gunnun so ghin joomuk nopunde jirugi*). Perform this move in a slow motion.



14 Slide back into right stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*)



15 Execute left flying knife hand side strike (*twimyo sonkal yop taerigi*) ...

Application for Sliding Forearm Guarding Block and Flying Knife Hand Strike: Avoiding Turning Kick and Counter Attack



Defender slides back in forearm guarding block to avoid attacker's turning kick and ...



... as attacker steps back with kicking leg, ...



... defender comes forward with maximum speed and surprise to counter attack with flying knife hand strike to temple.

Yon-Gae



... landing a full stance length forward from the previous move in right l stance, with the left arm still extended.



16 Shift back into right stance x-fist checking block (*niunja so kyocha joomuk momchau makgi*).



17 Slip the left foot forward into left walking stance left flat fingertip high section outward cross cut (*gunnun so opun sonkut nopunde bakuro ghutgi*).

Application for X-Fist Checking Block and Cross Cut: Release from Grab and Counter Attack



Attacker grabs defender's outstretched arm and ...



... forces one back with knife hand guarding block, leaving enough room to quickly turn and ...



... cross cut counter attack with released arm.

Yon-Gae



18 Move the left foot back into right rear foot stance left straight elbow downward thrust (*dwitbal so sun palkup naeryo tulgi*).



19 Jump forward turning the body 45 degrees counter clockwise into right x-stance right back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), striking in the direction of the jump.



20 Move the left foot back and turn 45 degrees clockwise, pivoting on the right foot into right walking stance left knife hand low section outward block (*gunnun so sonkal najunde bakuro makgi*).

Application for Jumping Back Fist Side Strike: Blocking Turning Kick



Opponent anticipates jumping attack and ...



... shifts forward to adjust range to counter with lead leg turning kick, ...



... which is blocked by turning into kick with back fist side strike.

Yon-Gae



21 Move the left foot forward into parallel stance right palm middle section hooking block (*narani so sonbadak kaunde golcho makgi*).



22 Execute parallel stance left middle section punch (*narani so kaunde ap jirugi*). Perform moves 21 and 22 in a continuous motion.



23 Move the right foot sideways into sitting stance reverse knife hand w-shape block (*annun so sonkal dung san makgi*).

Application for Reverse Knife Hand W-Shape Block: Blocking Turning Kick from Side



As attacker from side starts to kick, defender moves into ...



... sitting stance to avoid attacker's high section turning kick and block with reverse knife hand w-shape block targeting the instep.

Yon-Gae



24 Move the left foot in front of the right foot into right x-stance stance twin elbow horizontal thrust (*kyocha so sang palkup soopyong tulgi*).



25 Move the right foot sideways into sitting stance twin straight forearm checking block (*annun so sang son palmok momchau makgi*).



26 Move the left foot in front of the right foot into right x-stance right upward punch (*kyocha so ollyo jirugi*), at the same time bringing the left side fist sharply to the front of the right shoulder.

Application for Upward Punch: Pulling Opponent onto Punch to Chin



With opponent at close range, reaction arm can grab back of head and ...



... pull it down onto upward punch to chin.

Yon-Gae



27 Turn 270 degrees clockwise, pivoting on the left foot to execute right high section reverse hooking kick (*nopunde bandae dollyo goro chagi*).



28 Lower the right foot one foot length in front of the left foot and ...



... turn 180 degrees clockwise, pivoting on the right foot to execute left high section side piercing kick (*nopunde yopcha jirugi*), pulling both hands back in front of the chest.

**Application for Reverse Turning Kick and Side Piercing Kick:
Pursuing Attack**



Opponent ducks under high section reverse turning kick and ...



... steps back out of range as kicker lands and ...



... immediately pursues attack with middle section side kick.

Yon-Gae



29 Step down with the left foot in a jumping motion and turning 45 degrees clockwise into left x-stance left back fist downward strike (*kyocha so dung joomuk naeryo taerigi*), striking in the direction of the jump.



30 Turn 45 degrees clockwise, pivoting on the right foot and move the left foot sideways into sitting stance reverse knife hand w-shape block (*annun so sonkal dung san makgi*).



31 Move the right foot in front of the left foot into left x-stance twin elbow horizontal thrust (*kyocha so sang palkup soopyong tulgi*).

Application for Twin Elbow Horizontal Thrust: Pulling Opponent onto Attack to Armpit



As attacker grabs defender's shoulder, defender uses opposite hand to grab attacker's hand and ...



... pulls attacker onto side elbow thrust targeting the armpit.

Yon-Gae



32 Move the left foot sideways into sitting stance twin straight forearm checking block (*annun so sang son palmok momchau makgi*).



33 Move the right foot in front of the left foot into left x-stance left upward punch (*kyocha so ollyo jirugi*), at the same time bringing the right side fist sharply to the front of the left shoulder.



34 Turn 270 degrees counter clockwise, pivoting on the right foot to execute left high section reverse hooking kick (*nopunde bandae dollyo goro chagi*).

Application for Upward Punch: Pulling Opponent onto Punch to Solar Plexus



Opponents grappling at close range, one reaches across other's arms to grab shoulder and ...



... pull opponent down and forward onto upward punch to solar plexus.

Yon-Gae



35 Lower the left foot one foot length in front of the right foot and turn 180 degrees counter clockwise, pivoting on the left foot to execute right high section side piercing kick (*nopunde yopcha jirugi*) pulling both hands back in front of the chest.



36 Step down with the right foot in a jumping motion and turning 45 degrees counter clockwise into right x-stance right back fist downward strike (*kyocha so dung joomuk naeryo taerigi*), striking in the direction of the jump.



37 Turn 45 degrees counter clockwise, pivoting on the right foot and move the left foot back into left lstance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for Step Back and Pivot: Avoiding Punch to Head



Attacker starts to step in punch to head, defender steps back and ...



... pivots 45 degrees away from attacker to avoid punch, making it difficult for attacker to follow up and ...



... well positioned for a strong counter attack, such as middle section turning kick.

Yon-Gae



38 Move the left foot behind the right foot, ...



... turning 180 degrees counter clockwise, pivoting on the right foot and ...



... raise the heel of the right foot into left rear foot stance right inner forearm waist block (*dwitbal so an palmok hori makgi*).

Teaching Tip: Inner Forearm Waist Block



Inner forearm waist block uses a limited scooping motion of the blocking arm and is best performed with a step or turn to ...



... make maximum use of the raising and ...



... lowering of the body to increase the power of the short upward motion of the block.

Yon-Gae



39 Move the right foot back slightly and turn 180 degrees counter clockwise, pivoting on the right foot, raising the left foot and then ...



... stamp down with the left foot into right l stance left knife hand high section side strike (*niunja so sonkal nopunde yop taerigi*).



40 Slide back half a stance length into right lunge forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).

Application for 180-Degree Turn and Stamping Knife Hand Side Strike: Twin Attack to Opponent Advancing from Behind



Attacker moves in behind defender who raises lead leg and pivots on rear to ...



... turn 180 degrees and counter with knife hand side strike to temple and stamp down attacker's shin.

Yon-Gae



41 Move the right foot behind the left foot, turn 180 degrees clockwise, pivoting on the left foot and ...



... raise the heel of the left foot into right rear foot stance left inner forearm waist block (*dwitbal so an palmok hori makgi*).



42 Move the left foot back slightly and turn 180 degrees clockwise, pivoting on the left foot, raising the right foot and then ...

**Application for 180-Degree Turn and Inner Forearm Waist
Block: Blocking Reverse Turning Kick**



Attacker starts reverse turning kick and defender ...



... turns into kick so that middle section is no longer targeted and blocking arm scoops ...



... kick upwards against upper part of blocking arm.

Yon-Gae



... stamp down with the right foot into left l stance left knife hand high section side strike (*niunja so sonkal nopunde yop taerigi*).



43 Turn 180 degrees counter clockwise, pivoting on the left foot and moving the right foot back into right stance forearm middle section guarding block (*niunja so palmok kaunde daebie makgi*).



44 Jump and turn 180 degrees clockwise in the air to execute ...

Teaching Tip: Mid-Air Kick vs Flying Back Kick



It is important to make the mid-air kick distinctive from a flying back kick by ...



... turning the body more towards the target in the air ...



... to deliver a side piercing kick at the apex of the jump.

Yon-Gae



... right mid-air kick (*twio dolmyo chagi*), ...



... landing a stance length forward in left l stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



45 Jump and turn 180 degrees clockwise to execute left midair kick (*twio dolmyo chagi*), ...

Application for Mid-Air Kick: Surprise Attack from Outside Kicking Range



When opponent is out of kicking range, ...



... jumping action quickly shortens range and turning motion confuses opponent and disguises kick ...



... until last moment, making it difficult to block or counter.

Yon-Gae



... landing a stance length forward in right lstance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



46 Slip the right foot back into left walking stance right reverse knife hand low section inward block (*gunnun so sonkal dung najunde anuro makgi*).



47 Step back with the left foot and slide into left stance left side elbow thrust (*niunja so yop palkup tulgi*).



48 Slip the left foot back into right walking stance left reverse knife hand low section inward block (*gunnun so sonkal dung najunde anuro makgi*).



49 Step back with the right foot and slide into right stance right side elbow thrust (*niunja so yop palkup tulgi*). Shout 'Yon-Gae'.



Move the right foot and return to ready posture: warrior ready stance A (*moosa junbi sogi A*).

**Application for Consecutive Reverse Knife Hand Low Section
Block and Side Elbow Thrust Combinations: Defence against Two
Attackers**



Defender blocks front snap kick from attacker in front as second attacker advances from behind, then ...



... pivots back to counter second attacker with side elbow thrust while still facing first attacker who ...



... comes forward with another front snap kick that defender blocks again as second attacker recovers and ...



... defender pivots back to counter again with second side elbow thrust.

12 Ul-Ji Tul

Ul-Ji



Meaning

meaning

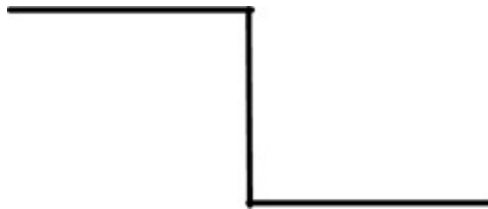
Ul-Ji is named after general Ul-Ji Moon Dok who successfully defended Korea against a Tang invasion force of nearly one million soldiers led by Yang Je in AD612; Ul-Ji, employing hit and run guerrilla tactics, was able to decimate a large percentage of the force. The diagram of the pattern represents his surname. The forty-two movements represent General Choi's age when he designed the pattern.

Description

Like Yon-Gae, Ul-Ji continues to explore linear movement, whilst always maintaining a forward or side facing orientation. However, the emphasis is on 'bolder' advancing and retreating, focusing on full stepping, pivoting and jumping to gain more distance to attack or defend or, in the case of the step back and jump in move 34, to set an opponent up for an attack.

As well as a mid-air kick in move 17, a new technically difficult jumping kick, the flying high kick, is introduced in move 27. Commonly called the 'bicycle kick', this correctly points to the need to use both legs, gaining maximum momentum from raising the knee of the nonkicking leg during the jump before extending the kicking leg. Height is the key here – you should be kicking at the head height of a horse-mounted opponent – but it must be achieved without bending the legs in preparation.

There are forty-two moves in the pattern and its diagram is:



Grading Syllabus

Ul-Ji is taught at 4th Dan and forms part of the grading examination for 5th Dan.

Techniques Introduced

Stances

- parallel stance with x-back hand (*narnani sogi kyocha sondung*)
- walking ready stance (*gunnun junbi sogi*)

Defensive

palm pushing block (*sonbadak miro makgi*)

-

Offensive

twin side fist horizontal strike (*sang yop joomuk soopyong taerigi*)

-

flying high kick (*twimyo nopi chagi*).

-

Ul-Ji



Ready posture: parallel stance with x-back hand (*narani so kyocha sondung*).



1 Move the left foot back into right walking stance twin side fist horizontal strike (*gunnun so sang yop joomuk soopyong taerigi*).



2 Step back with the right foot into left walking stance x-fist pressing block (*gunnun so kyocha joomuk noollo makgi*).

Application for Twin Side Fist Horizontal Strike: Defence against Two Attackers



Two attackers closing in on either side behind defender who ...



... steps back to counter both attackers at same time with twin horizontal side fist strike.

Ul-Ji



3 Execute left walking stance x-knife hand rising block (*gunnun so kyocho sonkal chookyo makgi*). Perform moves 2 and 3 in a continuous motion.



4 Execute left walking stance right knife hand high section front strike (*gunnun so sonkal nopunde ap taerigi*) placing the left palm on the top of the right elbow joint.



5 Turn 180 degrees counter clockwise, pivoting on the right foot, moving the left foot into sitting stance left back hand horizontal strike (*annun so sonkal dung kaunde taerigi*), looking in the direction of the strike.

Application for X-Knife Hand Rising Block and Knife Hand Side Strike: Blocking High Section Strike and Counter Attack



Defender blocks attacker's high section downward strike with x-knife hand rising block, then ...



... grabs attacker's arm with one hand and draws back the other to ...



... target attacker's elbow joint with knife hand side strike.

Ul-Ji



6 Keeping the left arm in place, turn 90 degrees counter clockwise, pivoting on the left foot to execute right middle section crescent kick (*kaunde bandal chagi*), kicking the left palm.



7 Continue turning a further 90 degrees counter clockwise, pivoting on the left foot and lower the right foot into sitting stance right front elbow strike (*annun so ap palkup taerigi*), striking the left palm with the right elbow.



8 Execute sitting stance left back elbow thrust (*annun so dwit palkup tulgi*), placing the right side fist on top of the left under fist.

Application for Crescent Kick and Front Elbow Strike: Successive Attacks to Shoulder



Having blocked attacker's punch and grabbing his arm, defender counter attacks with crescent kick to shoulder, which turns attacker and ...



... allows defender to attack shoulder again with front elbow strike as he lands from kick.

Ul-Ji



9 Execute sitting stance right back fist side back strike (*annun so dung joomuk yopdwi taerigi*), at the same time extending the left arm downward and slightly sideways.



10 Turn 90 degrees counter clockwise, pivoting on the right foot and moving the left foot next to the right foot into closed stance twin elbow side thrust (*moa so sang palkup yop tulgi*).



11 Move the left foot in front of the right foot into right x-stance (*kyocha sogi*), keeping the arms in the same position and turning the head to the right. Perform this move in a fast motion.

Application for X-Stance and Side Piercing Kick: Counter Attack to Side



With attacker closing in rapidly from side, ...



... defender dropping into x-stance gives him sufficient forward momentum ...



... without sacrificing range to deliver a strong side kick counter attack.

Ul-Ji



12 Execute right middle section side piercing kick (*kaunde yopcha jirugi*) to the right, keeping the arms in the same position.



13 Lower the right foot to the right side of the left foot and then move the left foot in front of the right ...



... into right x-stance twin elbow horizontal thrust (*kyocha so sang palkup soopyong tulgi*), looking to the right.

Application for Twin Elbow Horizontal Thrust: Close-Range Defence against Two Attackers



Defender is hemmed in by two attackers at very close range on either side with little room for manoeuvre, ...



... making twin elbow horizontal thrust an ideal simultaneous counter attack to both attackers' sternums.

Ul-Ji



14 Move the right foot sideways into sitting stance right horizontal punch (*annun so soopyong jirugi*), still looking to the right.



15 Straighten the legs to execute right knife hand high section front strike (*sonkal nopunde ap taerigi*), at the same time raising the left back hand in front of the forehead.



16 Turn 90 degrees counter clockwise, pivoting on the right foot and slipping the left foot forward into right lstance twin knife hand block (*niunja so sang sonkal makgi*).

Application for Knife Hand Front Strike: Attack to Nose and Neck



Upward and turning motion of knife hand on reaction arm ...



... can attack opponent's nasal septum at the same time as front strike targets the neck.

Ul-Ji



17 Jump and turn 180 degrees clockwise in the air to execute ...



... right mid-air kick (*twio dolmyo chagi*), ...



18 ... landing a stance length forward in right walking stance right double forearm middle section block (*gunnun so doo palmok kaunde makgi*).

Teaching Tip: Mid-Air Kick and Double Forearm Block



As you land on the nonkicking leg from the midair kick your body is still going forward, but ...



... you need to check this by bending the supporting leg and moving the arms and body back in preparation for ...



... blocking strongly by pushing out with the rear leg and rotating the arms and body into the double forearm block.

Ul-Ji



19 Turn 90 degrees clockwise, pivoting on the right foot and moving the left foot next to the right foot into closed ready stance B (*moa junbi sogi B*).



20 Jump forward, turning the body 45 degrees counter clockwise into right x-stance right back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), bringing the left finger belly onto the right side fist and striking in the direction of the jump.



21 Turn 45 degrees clockwise, pivoting on the right foot and move the left foot back into right walking stance left forearm rising block (*gunnun so palmok chookyo makgi*).

Application for Reverse Forearm Rising Block: Close-Range Defence against High Section Attack



At close range, such as when opponent slips stepping punch and counter attacks rapidly ...



... with high section technique, rising block with the opposite forearm is a strong, fast response against a range of attacks such as the hook punch.

Ul-Ji



22 Keeping the arms in place, execute left middle section front snap kick (*kaunde apcha busigi*).



23 Lower the left foot forward into left walking stance right high section punch (*gunnun so nopunde ap jirugi*).



24 Step forward with the right foot into right walking stance right straight fingertip middle section thrust (*gunnun so sun sonkut kaunde tulgi*).

Application for Straight Fingertip Thrust: Simultaneous Block of Punch and Counter Attack



Defender anticipates attacker's stepping punch and steps in to ...



... parry the punch downwards with reaction hand and ...



... exploit the longer reach of straight fingertip thrust to counter attack at the same time, targeting attacker's throat.

Ul-Ji



25 Turn 270 degrees counter clockwise, pivoting on the right foot and moving the left foot sideways into sitting stance left back fist high section side strike (*annun so sonkal dung nopunde yop taerigi*) to the left side.



26 Turn 180 degrees counter clockwise, pivoting on the left foot and moving the right foot forward into right walking ready stance (*gunnun junbi sogi*).



27 Jump up and ...

Teaching Tip: Flying High Kick vs Flying Front Kick



Flying front kick extends the nonkicking leg in a kicking motion as the kicker rises in the jump, ...



... whereas flying high kick uses the forward momentum of raising the nonkicking leg without extending it and ...



... delivers the kick with both legs held as high as possible.

Ul-Ji



... execute right flying high kick (*twimyo nopi chagi*), ...



28 ... landing in right fixed stance x-knife hand checking block (*gojung so kyocha sonkal momchau makgi*).



29 Step forward with the left foot into right lstance x-fist pressing block (*niunja so kyocha joomuk noollo makgi*).

Application for X-Knife Hand Checking Block: Blocking Middle Section Punch and Counter Attack



Defender blocks attacker's middle section punch with x-knife hand checking block, ...



... from which defender can grab attacker's arm with front hand and pull back,
...



... pulling attacker onto counter attack such as knee kick.

Ul-Ji



30 Execute left middle section front snap kick (*kaunde apcha busigi*) and, at the same time, inner forearm middle section wedging block (*an palmok kaunde hechyo makgi*).



31 Lower the left foot forward into left walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).



32 Step forward with the right foot into right fixed stance right middle section right knife hand high section side block (*gojung so sonkal nopunde yop makgi*) and, at the same time, left palm middle section pushing block (*sonbadak kaunde miro makgi*)

Application for Wedging Block and Front Snap Kick: Pre-Emptying Grab and Counter Attack



Attacker starts to step forward to grab defender who anticipates grab and ...



... blocks with wedging block before the attacker can reach and, at the same time, counter with front snap kick to stomach.

Ul-Ji



33 Step forward with the left foot and slide into right stance left middle section punch (*niunja so kaunde jirugi*).



34 Keeping the arms in place, move the left foot behind and to the side of the right foot, ...



... step back with the right foot into right stance and then ...

Application for Palm Pushing Block and Sliding Punch: Defence against Two Attackers



First attacker steps in to grab from front and second to punch from side, defender steps ...



... forward to block lead grabbing hand with knife hand block and the punch with palm pushing block.



With second attacker turned, defender slides in to counter attack first with punch to solar plexus.

Ul-Ji



... jump backwards into ...



... right stance forearm middle section guarding block (*niunja so palmok kaunde daebi makgi*).



35 Execute right middle section turning kick (*kaunde dollyo chagi*).



36 Lower the right foot in front of the left foot and ...



... pivot on the left foot to execute left middle section back piercing kick (*kaunde dwitcha jirugi*).



37 Lower the left foot forward into right stance forearm middle section guarding block (*palmok kaunde daebi makgi*).

Application for Backward Jumping, Turning Kick and Back Kick: Drawing Opponent onto Attack



Large retreating motions like jumping backwards encourage opponent to come forward, ...



... particularly when there does not appear to be a planned counter attack, tempting opponent to commit to stepping in with attack ...



... and setting opponent up for rear leg turning kick attack and then ...



... pursuing opponent in retreat with back kick using the opposite leg.

Ul-Ji



38 Step back with the left foot into left stance right palm upward block (*niunja so sonbadak ollyo makgi*).



39 Turn 180 degrees clockwise and move the right foot forward into right walking stance left inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



40 Turn 135 degrees counter clockwise, pivoting on both feet into left walking stance right inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



41 Turn 45 degrees clockwise, pivoting on the right foot and move the left foot back into sitting stance left middle punch (*annun so kaunde jirugi*).



42 Execute sitting stance right middle punch (*annun so kaunde jirugi*). Shout 'Ul-Ji'.



Move the left foot and return to ready posture: parallel stance with x-back hand (*narani so kyocha sondung*).

Application for Alternate Circular Blocks and Punch: Defence against Two Attackers



Attackers advance diagonally towards defender who ...



... pivots and blocks front snap kick from attacker on right, breaking attacker's balance and then immediately ...



... pivots back to block other attacker's kick from the front, turning attacker and
...



... counter attacking first attacker with punch to kidney.

13 Moon-Moo Tul

Moon-Moo



Meaning

Meaning

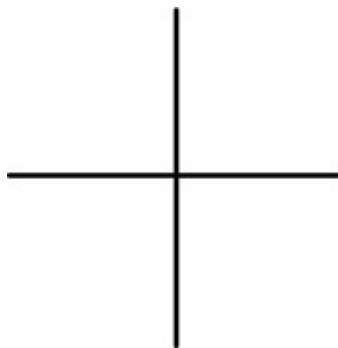
Moon-Moo honours the 30th King of the Silla Dynasty. His body was buried near Dae Wang Am (Great King's Rock). According to his will, the body was placed in the sea 'where my soul shall forever defend my land against the Japanese'. It is said that the Sok Gul Am (Stone Cave) was built to guard his tomb. The Sok Gul Am is a fine example of the culture of the Silla Dynasty. The sixty-one movements in this pattern symbolize the last two figures of AD661 when Moon Moo came to the throne.

Description

The last of the 4th Dan patterns, Moon-Moo is often regarded as the most technically difficult of all of the black-belt patterns, with its strong emphasis on balance and kicking techniques. In the early stages of the pattern, slow-motion formation of one-legged stances and slow-motion execution of high section side piercing, reverse hooking and back piercing kicks present major challenges for technique, body control and balance that require dedicated and intense training to overcome.

Moon-Moo also points to the specificity of Taekwon-Do kicking techniques by introducing three variants of the side kick with the side pushing, checking and thrusting kicks. Flexibility and technique are further tested with high section twisting kicks in moves 43 and 46 – again, a challenge that, for most people, requires additional training beyond the technique itself to reach an acceptable standard.

There are sixty-one moves in the pattern and its diagram is:



Grading Syllabus

Moon-Moo is taught at 4th Dan and forms part of the grading examination for 5th Dan.

Techniques Introduced

Defensive

arc hand rising block (*bandalson chookyo makgi*)

-

Offensive

side fist side strike (*yop joomuk yop taeraigi*)

-

side pushing kick (*yopcha milgi*)

-

side checking kick (*yopcha mumchugi*)

-

side thrusting kick (*yopcha tulgi*).

-

Moon-Moo



Ready posture: parallel stance ready stance (*narani junbi sogi*).



1 Turn body 90 degrees counter clockwise and raise the left leg into right foot into right bending ready stance A (*guburyo junbi sogi A*). Note that the right foot does not move as the stance is formed.



2 Execute left high section side piercing kick (*nopunde yopcha jirugi*), at the same time executing left high section punch. Perform moves 1 and 2 in a slow motion.

Teaching Tip: Slow-Motion High Section Side Piercing Kick



To execute a high section side piercing kick in slow motion the kicking leg needs to be chambered smoothly by raising the leg and straightening the supporting leg ...



... and, as the kicking leg is raised, turning the foot of the supporting leg away from the direction of the kick ...



... until the kicking leg is fully chambered, as high as possible, and the hips turned over into the correct kicking position.

Moon-Moo



3 Fully retract the kicking leg at normal speed and ...



... execute left high section side piercing kick (*nopunde yopcha jirugi*) again, at the same time executing left high section punch. Perform moves 2 and 3 as a double kick.



4 Turn 90 degrees clockwise, pivoting on the right foot and lower the left foot into sitting stance right flat fingertip middle section thrust (*annun so opun sonkut kaunde tulgi*).

Teaching Tip: Transition from High Section Side Piercing Kick to Flat Fingertip Thrust



After fully retracting the arm and leg from the second, normal speed high side piercing kick, turn the head and the foot of the supporting leg in the direction of the thrust and ...



... lower the kicking leg and draw back the thrusting arm until the foot is just above the floor ...



... and then push out with the supporting leg into the thrust with the left foot still slightly above the floor until the sitting stance is formed and the thrust is executed.

Moon-Moo



5 Extend and raise the right leg while turning 180 degrees clockwise, pivoting on the left foot to ...



... execute right high section reverse hooking kick (*nopunde bandae dollyo goro chagi*). Perform this move in a slow motion.



6 Step down with the right foot in a jumping motion in the same sideways direction as the kick into right x-stance right knife hand middle section side strike (*kyocha so sonkal kaunde yop taerigi*).

Teaching Tip: Slow-Motion High Section Reverse Hooking Kick



At normal speed, the kicking leg in reverse hooking kick can be left lower longer because the centrifugal force of the turning of the body can assist in raising the leg to the correct height.



However, starting from the ground (unlike in *Kodang*) in slow motion, it is necessary to raise the kicking leg to middle section height early in the kick ...



... and then raise more gradually to high section height during the last two-thirds of the rotation before the kick.

Moon-Moo



7 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance right palm pressing block (*gunnun so sonbadak noollo makgi*).



8 Step forward with the right foot into right walking stance left palm pressing block (*gunnun so sonbadak noollo makgi*).



9 Turn 90 degrees counter clockwise, pivoting on the right foot, raising the left foot up into right one leg stance left knife hand high section side block (*waebal so sonkal nopunde yop makgi*) and right knife hand low section side block (*sonkal najunde yop makgi*). Perform this move in a slow motion.

Teaching Tip: Stepping Palm Pressing Blocks



Since the two stepping palm pressing blocks are performed at normal speed (unlike the fast motion in *Choi-Yong*), each block must finish fully with a momentary pause before ...



... preparing the hands after the first block by slightly lowering the hand that has blocked and slightly raising the hand that will block, while ...



... stepping forward for the second block.

Moon-Moo



10 Lower the left foot next to the right foot and then turn the body 90 degrees clockwise and raise the right leg into left bending ready stance A (*guburyo junbi sogi A*).



11 Execute right high section side piercing kick (*nopunde yopcha jirugi*), at the same time executing right high section punch. Perform moves 9 to 11 in a slow motion.



12 Fully retract the leg at normal speed and execute right high section side piercing kick (*nopunde yopcha jirugi*) again, at the same time executing right high section punch. Perform moves 11 and 12 as a double kick.

Application for High Section Side Piercing Kick: Counter Attack over Guard



Defender forms bending ready stance as attacker moves in anticipating middle section side kick with ...



... guard protecting body and ready to block as defender raises chamber of kick to ...



... counter attack over attacker's guard, with side piercing kick to neck.

Moon-Moo



13 Turn 90 degrees counter clockwise, pivoting on the left foot and lower the right foot into sitting stance left flat fingertip middle section thrust (*annun so opun sonkut kaunde tulgi*).



14 Turn 180 degrees counter clockwise, pivoting on the right foot to execute left high section reverse hooking kick (*nopunde bandae dollyo goro chagi*). Perform this move in a slow motion.



15 Step down with the left foot in a jumping motion in the same sideways direction as the kick into left x-stance left knife hand middle section side strike (*kyocha so sonkal kaunde yop taerigi*).

**Application for Reverse Hooking Kick and Knife Hand Strike:
Pursuing Attack to Head**



Opponent moves head back and starts to step away to avoid high section reverse hooking kick, ...



... but using momentum of kick to rapidly push forward into x-stance, ...



... closes gap before opponent can step away, catching him with knife hand strike to neck.

Moon-Moo



16 Turn 90 degrees clockwise, pivoting on the left foot and move the right foot forward into right walking stance left palm pressing block (*gunnun so sonbadak noollo makgi*).



17 Step forward with the left foot into left walking stance right palm pressing block (*gunnun so sonbadak noollo makgi*).



18 Turn 90 degrees clockwise, pivoting on the left foot, raising the right foot up into left one leg stance right knife hand high section side block (*waebal so sonkal nopunde yop makgi*) and left knife hand low section side block (*sonkal najunde yop makgi*). Perform this move in a slow motion.

Teaching Tip: Slow-Motion One Leg Stance



After the palm pressing block, turn the lead foot towards the front and draw the rear foot towards it at normal speed, ...



... finishing crossing the hands in front of the chest as the feet come together.



Then raise the knee and move the hands in slow motion; it is particularly difficult to coordinate the completion of the block and the formation of the stance, since the hands are outside the field of vision.

Moon-Moo



19 Without stepping down with the right foot, cross arms in preparation for ...



... executing left bending ready stance B (*guburyo junbi sogi B*), looking over the right shoulder.



20 Execute right high section back piercing kick (*nopunde dwitcha jirugi*). Perform this move in a slow motion.

Application for Back Kick and Reverse Punch: Defence against Two Attackers



Two attackers rapidly closing from in front and behind, defender moves into bending ready stance to ...



... start to execute piercing kick immediately, ...

Moon-Moo



21 Lower the right foot into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



22 Raise the left foot and execute right bending ready stance B (*guburyo junbi sogi B*), looking over the left shoulder.



23 Execute left high section back piercing kick (*nopunde dwitcha jirugi*). Perform this move in a slow motion.

**Application for Back Kick and Reverse Punch Continued:
Defence against Two Attackers**



... halting attacker advancing from rear and ...



... drawing back sufficiently from attacker in front on landing to execute a reverse punch as soon as kicking leg lands.

Moon-Moo



24 Lower the left foot into right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



25 Step back with the right foot in a sliding motion into right rear foot stance left palm downward block (*dwitbal so sonbadak naeryo makgi*).



26 Keeping the arms in place, execute left middle section side front snap kick (*kaunde yopapcha busigi*).

**Application for Palm Downward Block and Front Snap Kick:
Blocking Punch and Counter Attack**



Attacker steps in with punch as defender slides back to avoid and ...



... blocks punch with palm downward block, ...



... immediately counter attacking with lead leg front snap kick to stomach.

Moon-Moo



27 Step down with the left foot in front of the right foot, cross the arms and raise the right leg in preparation for ...



... turning 90 degrees clockwise, pivoting on the left foot and stamping down with the right foot into sitting stance right side fist middle section side strike (*annun so yop joomuk kaunde yop taerigi*).



28 Slide half the length of the stance to the right and execute sitting stance left palm scooping block (*annun so sonbadak duro makgi*).



29 Execute sitting stance right middle section punch (*annun so kaunde ap jirugi*). Perform moves 28 and 29 in a connecting motion.



30 Execute sitting stance left knife hand low section side block (*annun so sonkal najunde yop makgi*).



31 Quickly step with the left foot over and next to the right foot and ...

Application for Side Fist Strike, Palm Scooping Block and Side Block: Defence against Three Attackers



Defender is in middle of group of three attackers and prepares to step sideways to ...



... stop attacker advancing on left with powerful side fist side strike to side of face, as attacker in front starts to kick.



Defender slides to side and blocks kick with palm scooping block, turning kicker as third attacker prepares to kick and ...



... defender blocks kick with knife hand side block.

Moon-Moo



... execute right middle section side pushing kick (*kaunde yopcha milgi*).



32 Step down with the right foot about a shoulders' width in front of the left in preparation for ...



... executing left high section reverse turning kick (*nopunde bandae dollyo chagi*).

Teaching Tip: Side Pushing Kick



The side pushing kick relies on the forward momentum of the body gained from cross stepping ...



... (which can be used to increase the range to incorporate a slide into the kick)

...



... to push the opponent back off balance using the foot sword with a slightly bent leg, rather than penetrating with a fully extended leg as in side piercing kick.

Moon-Moo



33 Step down with the left foot into left walking stance left knife hand high section side block (*gunnun so sonkal nopunde yop makgi*).



34 Step back with the left foot in a sliding motion into left rear foot stance right palm downward block (*dwitbal so sonbadak naeryo makgi*).



35 Keeping the arms in place, execute right middle section side front snap kick (*kaunde yopapcha busigi*).

**Application for Palm Downward Block and Front Snap Kick:
Blocking Side Kick and Counter Attack**



Attacker launches rear leg side kick as defender slides back to avoid and ...



... blocks kick, forcing leg down with palm downward block and ...



... immediately counter attacking with lead leg front snap kick to thigh of kicking leg as it lands.

Moon-Moo



36 Step down with the right foot in front of the left, turn 90 degrees counter clockwise, pivoting on the right foot and raising the left to stamp down into sitting stance left side fist middle section side strike (*annun so yop joomuk kaunde yop taerigi*).



37 Slide half the length of the stance to the left and execute sitting stance right palm scooping block (*annun so sonbadak duro makgi*).



38 Execute sitting stance left middle section punch (*annun so kaunde ap jirugi*)
Perform moves 37 and 38 in a connecting motion.

**Application for Sliding Palm Scooping Block and Punch:
Blocking Front Snap Kick and Pulling onto Counter Attack**



Sliding sideways to block attacker's front snap kick with palm scooping block can move kicking leg sideways and disrupt attacker's balance, ...



... which defender can exploit by turning blocking hand back at end of block to grab attacker's ankle and ...



... pull attacker further off balance and onto counter attack.

Moon-Moo



39 Execute sitting stance right knife hand low section side block (*annun so sonkal najunde yop makgi*).



40 Quickly step with the right foot over and next to the left foot and execute left middle section side pushing kick (*kaunde yopcha milgi*).



41 Step down with the left foot about a shoulders' width in front of the right and right high section reverse turning kick (*nopunde bandae dollyo chagi*).

**Application for Side Pushing Kick and Reverse Turning Kick:
Pushing Opponent Off Balance to Pursue Attack**



Side pushing kick forces opponent off balance and pushes him backwards, ...



... allowing attacker to cross step forward to get in range to ...



... catch opponent with reverse turning kick to head.

Moon-Moo



42 Step down with the right foot into right walking stance right knife hand high section side block (*gunnun so sonkal nopunde yop makgi*).



43 Step forward with the left foot, keeping the left heel slightly off the ground to ...



... execute right high section twisting kick (*nopunde bituro chagi*).

Teaching Tip: Twisting Kick Targets



Low section twisting kicks are used against front facing opponents, targeting areas such as the femoral artery.



Middle section twisting kicks are used against opponents facing at an angle to the side, targeting areas such as the solar plexus.



High section twisting kicks can only be used against opponents behind and to the side, targeting the face.

Moon-Moo



44 Lower the right foot into left walking stance right back fist high section side back strike (*gunnun so dung joomuk nopunde yopdwi taerigi*) and, at the same time, extending the left fist horizontally to the front.



45 Maintaining the same stance, shift slightly backwards into left walking stance right back fist front strike (*gunnun so dung joomuk ap taerigi*).



46 Step forward with the right foot, keeping the left heel slightly off the ground and execute left high section twisting kick (*nopunde bituro chagi*).

Teaching Tip: High Section Twisting Kick



This is a difficult kick that requires good flexibility. The leg must be thrown forwards and ...



... sideways in a rising arc with the knee turning outwards at the apex of the arc and ...



... then coming up on the ball of the supporting foot as the kicking leg is flicked out towards the target.

Moon-Moo



47 Lower the left foot into right walking stance left back fist high section side back strike (*gunnun so dung joomuk nopunde yopdwi taerigi*) and, at the same time, extending the right fist horizontally to the front.



48 Maintaining the same stance, shift slightly backwards into right walking stance left back fist front strike (*gunnun so dung joomuk ap taerigi*).



49 Execute left side sole sweeping kick (*yop balbadak suroh chagi*), then ...

**Application for Back Fist Side Strike and Back Fist Front Strike:
Close-Range Defence against Two Attackers**



Two attackers at close range in front and behind defender, who prepares arms and steps back to ...



... deliver back fist strike over shoulder to nose of attacker behind as attacker in front closes in and ...



... defender switches to walking stance to get in range to deliver back fist front strike to attacker in front.

Moon-Moo



... lower the left foot into right l-stance forearm middle section guarding block
(niunja so palmok kaunde daebi makgi).



50 Keeping the arms in place, execute left side checking kick (*yopcha momchugi*), then ...



... chamber the left leg and ...

Teaching Tip: Side Checking Kick vs Pressing Kick



Although they can be used for the same purpose of blocking a low section kick, pressing kick is intended to break and is delivered in a straight line with the supporting leg locked out, whereas ...



... checking kick starts with the leg chambered higher and to the side to ...



... deliver the kick in an arcing motion, keeping both the kicking and supporting legs slightly bent.

Moon-Moo



... execute left middle section side thrusting kick (*kaunde yopcha tulgi*). Perform these two kicks as a consecutive kick.



51 Lower the left foot into right l-stance left knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).



52 Execute right side sole sweeping kick (*yop bal badak suroh chagi*), then ...

Teaching Tip: Side Thrusting Kick



Side checking kick extends the range of the side piercing kick by using the ball of the foot as the attacking tool and the toes therefore point downwards in the chamber position.



The kicking leg extends in a straight line and ...



... the foot is fully extended with the ball of the foot higher than the heel at the point of impact.

Moon-Moo



... lower the right foot into left l-stance forearm middle section guarding block
(*niunja so palmok kaunde daebi makgi*).



53 Keeping the arms in place, execute right side checking kick (*yopcha momchugi*), followed by ...



... right middle section side thrusting kick (*kaunde yopcha tulgi*). Perform these two kicks as a consecutive kick.

**Application for Side Checking Kick and Side Thrusting Kick:
Blocking Front Snap Kick and Counter Attack**



Defender blocks attacker's front snap kick with side checking kick causing ...



... attacker to turn inwards slightly, protecting middle section and defender chambers leg high to ...



... counter attack with high section side thrusting kick.

Moon-Moo



54 Lower the right foot into left l-stance right knife hand middle section outward strike (*niunja so sonkal kaunde bakuro taerigi*).



55 Step back with the right foot behind the left foot, ...



... turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).

Application for Turning Reverse Punch, Alternate Low Punches and Mid-Air Kick: Defence against Two Attackers



Defender between two attackers turns to meet closest attacker behind him with
...



... reverse punch which forces attacker back and defender ...

Moon-Moo



56 Jump forward, turning the body 45 degrees counter clockwise into right x-stance left low section punch (*kyocha so najunde jirugi*) in the direction of the jump with the right fist brought up to the left shoulder.



57 Turn 90 degrees counter clockwise, pivoting on the right leg and jump forward into left x-stance right low section punch (*kyocha so najunde jirugi*) in the direction of the jump with the left fist brought up to the right shoulder.



58 Jump up and spin ...

Application for Turning Reverse Punch, Alternate Low Punches and Mid-Air Kick Continued: Defence against Two Attackers



... pursues attack with low punch and then, as other attacker closes in, ...



... defender turns and executes another low punch.

Moon-Moo



... 315 degrees clockwise to execute right mid-air kick (*twio dolmyo chagi*).



59 Land in left l-stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



60 Step back with the right foot behind and to the side of the left foot ...

**Application for Turning Reverse Punch, Alternate Low Punches
and Mid-Air Kick Continued: Defence against Two Attackers**



Attacker backs off and defender jumps forward ...



... to pursue attack with mid-air kick.

Moon-Moo



... and move the left foot back into right walking stance left arc hand rising block (*gunnun so bandalson chookyo makgi*).



61 Execute right walking stance right high section punch (*gunnun so nopunde ap jirugi*).



Move the right foot and return to ready posture: parallel stance ready stance (*narani junbi sogi*).

**Application for Arc Hand Rising Block and High Section Punch:
Successive High Section Attacks**



Arc hand rising block is used to attack opponent's throat, raising the chin before
...



... following up with reverse punch.

14 So-San Tul

So-San



Meaning

meaning

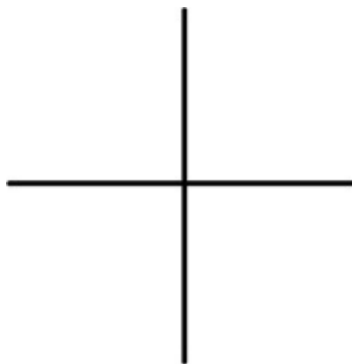
So-San is the pseudonym of the great monk Choi Hyong Ung (1520–1604) who lived during the Lee Dynasty. The seventy-two movements refer to his age when he organized a corps of monk soldiers with the assistance of his pupil, Sa Myunh Dang. The monk soldiers helped repulse the Japanese pirates who over-ran most of the Korean peninsula in 1592.

Description

The longest of the Taekwon-Do patterns, So-San is a comprehensive pattern that touches on most aspects of Taekwon-Do, but with a particularly strong emphasis on movement in all directions, where shifting, stepping, sliding and jumping are all included, along with pivoting on both feet to defend against attack from different angles at close range. Defence is further enhanced with the introduction of a new releasing motion from a low section grab of the wrist in moves 18 and 21.

The incorporation of a 180-degree turn between two consecutive kicks, introduced in slow motion in Kodang, is now performed at normal speed between high section side piercing and turning kicks in moves 10 to 11 and 14 to 15 – the turn must be performed smoothly and at an even speed whilst maintaining balance throughout. Another kicking challenge is introduced with the flying front kick – make sure that it is clearly differentiated from the flying high kick in Ul-Ji by extending the non-kicking leg during the jump.

There are seventy-two moves in the pattern and its diagram is:



Grading Syllabus

So-San is taught at 5th Dan and forms part of the grading examination for 6th Dan.

Techniques Introduced

Offensive

- middle knuckle upset punch (*joongi joomuk dwijibo jirugi*)
- flying front kick (*twimyo ap chagi*).

So-San



Ready posture: closed ready stance A (*moa junbi sogi A*).



1 Slide backwards into right rear foot stance forearm middle section guarding block (*dwitbal so palmok kaunde daebi makgi*).



2 Slip the left foot forward into left walking stance right middle section vertical punch (*gunnun so kaunde sewo jirugi*).

Application for Middle Section Vertical Punch: Close-Range Counter Attack



Having checked attacker's advance with forearm guarding block, attacker is close to defender who ...



... can use speed and short range of middle section vertical punch to counter attack immediately to attacker's solar plexus.

So-San



3 Step back with the left foot and slide backwards into left rear foot stance forearm middle section guarding block (*dwitbal so palmok kaunde daebi makgi*).



4 Slip the right foot forward into right walking stance left middle section vertical punch (*gunnun so kaunde sewo jirugi*).



5 Turn 135 degrees counter clockwise, pivoting on both feet into left walking stance right knife hand high section side block (*gunnun so sonkal nopunde yop makgi*).

Application for 135-Degree Turn and Knife Hand High Section Side Block: Blocking Turning Kick from Behind



Attacker to side at rear starts to kick, defender starts to turn and ...



... slightly overturns, coming up on the ball of the rear foot to ...



... then slightly counter rotate, as body mass drops to develop maximum power with knife hand side block attacker's turning kick on instep.

So-San



6 Turn 90 degrees clockwise, pivoting on both feet into sitting stance left middle section punch (*annun so kaunde ap jirugi*). Perform moves 5 and 6 in a fast motion.



7 Turn 45 degrees clockwise, pivoting on both feet into right walking stance left knife hand high section side block (*gunnun so sonkal nopunde yop makgi*).



8 Turn 45 degrees counter clockwise, pivoting on both feet into sitting stance middle section punch (*annun so kaunde ap jirugi*). Perform moves 7 and 8 in a fast motion.

**Application for Knife Hand Side Block, Turn and Punch:
Blocking Punch and Pulling Opponent onto Counter Attack**



Defender blocks attacker's high punch with knife hand high section side block, redirecting attacker's arm and ...



... grabbing attacker's collar to pull him down as defender turns in towards attacker and ...



... counter attacks with punch to floating ribs.

So-San



9 Turn 135 degrees clockwise, pivoting on the left foot into parallel stance twin knife hand horizontal strike (*narani so sang sonkal soopyong taerigi*).



10 Keeping the arms in place, execute right high section side piercing kick (*nopunde yopcha jirugi*) to the right side.



11 Re-chamber the kicking leg while turning 90 degrees counter clockwise to ...

Teaching Tip: Side Piercing Kick, 180-Degree Turn and Turning Kick



After executing the side piercing kick, whilst maintaining twin knife hand horizontal thrust arm position, body is leant back slightly more than normal and ...



... it needs to raise slightly as the leg is chambered and the turn progresses, ...



... so that the correct starting position for the turning kick is assumed as the turn completes – note that the chambered leg must be kept high throughout the turn.

So-San



... execute right high section turning kick (*nopunde dollyo chagi*). Perform moves 10 and 11 as a consecutive kick.



12 Jump forward, turning the body 45 degrees counter clockwise into right x-stance right back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), bringing the left finger belly onto the right side fist and striking in the direction of the jump.



13 Turn 45 degrees counter clockwise, pivoting on the right foot and moving the left foot sideways into parallel stance twin knife hand horizontal strike (*narani so sang sonkal soopyong taerigi*).



14 Keeping the arms in place, execute left high section side piercing kick (*nopunde yopcha jirugi*) to the left side.



15 Re-chamber the kicking leg while turning 90 degrees clockwise to execute left high section turning kick (*nopunde dollyo chagi*). Perform moves 14 and 15 as a consecutive kick.



16 Jump forward, turning the body 45 degrees clockwise into left x-stance left back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), bringing the right finger belly on to the left side fist and striking in the direction of the jump.

Application for Twin Knife Hand Horizontal Side Strike, Side Kick and Turning Kick: Defence against Two Attackers



Defender between two attackers counters their advance with twin knife hand horizontal strike and ...



... keeps one attacker from advancing by maintaining extended arm position, while delivering side piercing kick to other attacker, ...



... then turning to face first attacker in correct position to ...



... counter attack with turning kick.

So-San



17 Turn 45 degrees clockwise, pivoting on the right foot and moving the left foot forward into right lstance left double fist low section punch (*niunja so doo joomuk napunde jirugi*).



18 Perform a releasing motion for the left arm by placing the right palm on the left fore fist, ...



... twisting them counter clockwise while slipping the left foot into ...

**Application for Low Section Releasing Motion and Punch:
Release from Grab and Counter Attack**



Attacker grabs defender's wrist, defender pulls up, twists and ...



... pushes down while slipping into walking stance and using reaction hand to ensure grabbing arm is pushed away before ...



... counter attacking with high section punch.

So-San



... left walking stance and ending with the left back fist facing downwards.



19 Execute left walking stance right high section punch (*gunnun so nopunde ap jirugi*).



20 Move the left foot across to the centre line and turn 180 degrees clockwise, pivoting on the left foot into left lstance right double fist low section punch (*niunja so doo joomuk napunde jirugi*).

Application for Low Section Releasing Motion: Release from Grab and Applying Wrist Lock



By maintaining grip with free hand on attacker's grabbing hand, whilst turning attacker's hand over, ...



... defender can apply lock to attacker's wrist.

So-San



21 Perform a releasing motion for the right arm by placing the left palm on the right fore fist, twisting them clockwise while slipping the right foot into right walking stance and ending with the right back fist facing downwards.



22 Execute right walking stance left high section punch (*gunnun so nopunde ap jirugi*).



23 Step forward with the left foot and slide into right l stance right middle knuckle fist upset punch (*niunja so joongi joomuk dwijibo jirugi*), bringing the left side fist sharply to the front of the right shoulder.

Application for Low Section Releasing Motion: Release from Twin Grabs



Attacker grabs both defender's wrists, defender ...



... uses reaction arm of releasing motion to force one of attacker's hand over other to ...



... break both grabs at same time.

So-San



24 Slip the right foot back into left walking stance right back fist front strike (*gunnun so dung joomuk ap taerigi*).



25 Turn 180 degrees clockwise, pivoting on the left foot and slide forward into left stance left middle knuckle fist upset punch (*niunja so joongi joomuk dwijibo jirugi*), bringing the right side fist sharply to the front of the left shoulder.



26 Slip the left foot back into right walking stance left back fist front strike (*gunnun so dung joomuk ap taerigi*).

Application for Middle Knuckle Upset Punch and Back Fist Front Strike: Attack to Solar Plexus and Head



Reaction arm can be used to pull opponent from back of neck onto middle knuckle upset punch to solar plexus, drawing head down.



As neck is released, opponent's head is raised and ...



... attack is pursued with back fist front strike to bridge of nose.

So-San



27 Turn 90 degrees clockwise, pivoting on the right foot into right walking ready stance (*gunnun junbi sogi*).



28 Jump up and execute right flying front kick (*twimyo ap chagi*), ...



29 ... landing in left stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).

Application for Flying Front Kick: Attacking Guard and Chest



Extension of non-kicking leg can be used to attack opponent's guard to ...



... clear way for kick to chest at apex of jump.

So-San



30 Step back with the right foot into left walking stance right outer forearm high section front block (*gunnun so bakat palmok nopunde ap makgi*).



31 Shifting forwards, execute left walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



32 Turn 180 degrees clockwise, pivoting on the left foot into right walking stance left outer forearm high section front block (*gunnun so bakat palmok nopunde ap makgi*).

**Application for High Section Front Block and Shifting Punch:
Avoiding Turning Kick and Counter Attack**



Attacker starts to kick and defender steps back ...



... to avoid kick and catches kicking leg with high section inward front block, disrupting attacker's balance and then ...



... shifting forwards to counter with punch to attacker's throat before kicking leg lands.

So-San



33 Shifting forwards, execute right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



34 Turn 135 degrees counter clockwise, pivoting on both feet into left walking stance double arc hand middle section block (*gunnun so doo bandalson kaunde makgi*).



35 Prepare the arms and twist the body clockwise to ...



... execute left walking stance right knife hand high section inward strike (*gunnun so sonkal nopunde anuro taerigi*), at the same time bringing the left side fist sharply to the front of the right shoulder.



36 Turn 135 degrees clockwise, pivoting on both feet into right walking stance left inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



37 Execute right walking stance right high section punch (*gunnun so nopunde ap jirugi*).

Application for Double Arc Hand Block, Knife Hand Inward Strike and Circular Block: Defence against Two Attackers



Defender between two attackers, attacker behind advancing to grab, ...



... defender turns and counters with attack to throat and chest using double arc hand block and then ...



... grabs attacker's head to ...



... pull him onto knife hand inward strike to temple before ...



... turning to catch other attacker's kicking leg with circular block and ...



... sweeping him off balance facing sideways.

So-San



38 Keeping the arms in place, execute left low section front snap kick (*najunde apcha busigi*).



39 Step down with the left foot into left walking stance left middle section punch (*gunnun so kaunde ap jirugi*).



40 Execute left walking stance right middle section punch (*gunnun so kaunde ap jirugi*). Perform moves 39 and 40 in a fast motion.

**Application for Low Section Front Snap Kick and Punch:
Attacking Turned Opponent**



With opponent side facing, front snap kick to side of knee of leading leg causes leg to collapse, ...



... allowing rapid followup punch to head as kicking leg lands while opponent is still falling

So-San



41 Execute left walking stance x-knife hand rising block (*gunnun so kyocha sonkal chookyo makgi*).



42 Turn 135 degrees clockwise, pivoting on both feet into right walking stance double arc hand middle section block (*gunnun so doo bandalson kaunde makgi*).



43 Execute right walking stance left knife hand high section inward strike (*gunnun so sonkal nopunde anuro taerigi*), at the same time bringing the right side fist sharply to the front of the left shoulder.

Application for X-Knife Hand Rising Block and Turn: Blocking Stick Attack and Disarming



Defender blocks attacker's downward stick strike with x-knife hand rising block,
...



... grabs stick with rear hand and ...



... turns sharply away to pull stick away from attacker.

So-San



44 Turn 135 degrees counter clockwise, pivoting on both feet into left walking stance right inner forearm circular block (*gunnun so an palmok dollimyo makgi*).



45 Execute left walking stance left high section punch (*gunnun so nopunde ap jirugi*).



46 Keeping the arms in place, execute right low section front snap kick (*najunde apcha busigi*).



47 Step down with the right foot into right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



48 Execute right walking stance left middle section punch (*gunnun so kaunde ap jirugi*). Perform moves 47 and 48 in a fast motion.



49 Execute right walking stance x-knife hand rising block (*gunnun so kyocha sonkal chookyo makgi*).

**Application for Circular Block, Punch and Front Snap Kick:
Blocking Punch and Counter Attack**



Defender blocks attacker's punch with circular block, ...



... grabbing attacker's arm at end of circular motion and ...



... pulling opponent onto punch counter to head.



Defender keeps punching arm in place, bracing attacker against it by continuing to pull with reaction arm, ...



... holding attacker in place for followup front snap kick to groin.

So-San



50 Move the left foot in front of the right foot, ...



... turn 180 degrees counter clockwise, pivoting on the left foot and ...



... slide back into right stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).

Application for X-Knife Hand Rising Block, Sliding Turn and Knife Hand Guarding Block: Blocking Stick Attack and Counter Attack



Defender blocks attacker's downward stick strike with x-knife hand rising block,
...



... then turns away from weapon and slides back ...



... into range for counter attack to groin with low section knife hand guarding block.

So-San



51 Jump up and ...



... turn 180 degrees counter clockwise in the air to ...



... land in right stance forearm middle section guarding block (*niunja so palmok daebi makgi*).

Application for Jumping 180-Degree Turn: Jumping over Fallen Opponent



Defender knocked first attacker to ground as other advances from behind, ...



... defender jumps over fallen attacker, turning in the air ...



... to face advancing attacker landing on other side of fallen attacker.

So-San



52 Cross arms in preparation for ...



... slipping the left foot forward into left walking stance right knife hand low section block (*gunnun so sonkal nopunde makgi*) and left inner forearm middle section outward block (*an palmok kaunde bakuro makgi*).



53 Execute left walking stance right high section punch (*gunnun so nopunde ap jirugi*). Perform moves 52 and 53 in a continuous motion.

Application for Knife Hand Low Section Block and Inner Forearm Middle Section Block: Defence against Two Attackers



Defender preparing to block two attackers at close range, one starting to kick and other starting to punch, ...



... kick blocked with knife hand low section block and punch with inner forearm middle section block.

So-San



54 Slip the left foot back into right l stance left middle section punch (*niunja so kaunde ap jirugi*).



55 Move the right foot in front of the left foot, turn 180 degrees clockwise, pivoting on the right foot and slide back into left stance knife hand low section guarding block (*niunja so sonkal najunde daebi makgi*).



56 Jump up and turn 180 degrees clockwise in the air to land in left stance forearm middle section guarding block (*niunja so palmok daebi makgi*).

Application for Jumping 180-Degree Turn: Avoiding Sweep with Stick



Attacker behind defender starts to swing stick at his legs as defender jumps upwards and ...



... backwards to avoid sweep of legs and ...



... lands facing attacker.

So-San



57 Slip the right foot forward into right walking stance left knife hand low section block (*gunnun so sonkal nopunde makgi*) and right inner forearm middle section outward block (*an palmok kaunde bakuro makgi*).



58 Execute right walking stance left high section punch (*gunnun so nopunde ap jirugi*). Perform moves 57 and 58 in a continuous motion.



59 Slip the right foot back into left l stance right middle section punch (*niunja so kaunde ap jirugi*).

Application for Punch in LStance Following Punch in Walking Stance: Pursuing Attack



Opponent blocks high section punch and attacker's ...



... initial slight backward motion of lead foot encourages opponent to stand ground, ...



... allowing attacker to exploit extra range gained by change of stance to follow up with punch to throat.

So-San



60 Move the right foot behind and to the side of the left foot and ...



... slide back into left stance right palm scooping block (*niunja so sonbadak duro makgi*).



61 Shifting forwards, execute left lstance left middle section punch (*niunja so kaunde ap jirugi*).

**Application for Sliding Palm Scooping Block and Sliding Punch:
Blocking Front Snap Kick, Breaking Balance and Counter Attack**



Defender avoids attacker's sweep of lead leg by pulling foot up into bending ready stance and ...



... grabs leg whilst sliding back to pull attacker off balance, allowing defender
...



... to slide forwards with counter punch.

So-San



62 Turn 180 degrees clockwise, pivoting on the left foot into left bending ready stance A (*goburyo junbi sogi A*).



63 Keeping the arms in place, execute right high section side piercing kick (*nopunde yopcha jirugi*).



64 Lower the right foot into right walking stance left middle section punch (*gunnun so kaunde ap jirugi*).

Application for Bending Ready Stance and High Section Side Kick: Avoiding Sweep and Counter Attack



Defender avoids attacker's foot sweep of lead leg by forming bending ready stance and ...



... immediately counter attacking with side kick to attacker's neck.

So-San



65 Step back with the right foot into right lunge knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



66 Move the left foot behind and to the side of the right foot and slide back into right lstance left palm scooping block (*niunja so sonbadak duro makgi*).



67 Shifting forwards, execute right lstance right middle section punch (*niunja so kaunde ap jirugi*).

Application for Sliding Palm Scooping Block: Adjusting Distance for Blocking Disguised Side Kick



Attacker starts to kick with front snap kick, defender steps back to block with palm scooping block, but ...



... attacker changes the kick to longer-range side kick and defender incorporates slide to increase distance for block.

So-San



68 Turn 180 degrees counter clockwise, pivoting on the right foot into right bending ready stance A (*goburyo junbi sogi A*).



69 Keeping the arms in place, execute left high section side piercing kick (*nopunde yopcha jirugi*).



70 Lower the left foot into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



71 Step back with the left foot into left stance knife hand middle section guarding block (*niunja so sonkal kaunde daebi makgi*).



72 Slip the right foot forward into right walking stance right high section punch (*gunnun so nopunde ap jirugi*). Perform moves 71 and 72 in a continuous motion. Shout 'So-San'.



Move the right foot and return to ready posture: closed ready stance A (*moa junbi sogi A*).

**Application for Bending Ready Stance, Side Kick and Punch:
Blocking Turning Kick and Counter Attack**



Attacker starts to kick and defender moves into bending ready stance to ...



... block attacker's turning kick with forearm guarding block and ...



... counter attacking immediately with side kick using raised leg and ...



... following up with reverse punch.

15 Se-Jong Tul

Se-Jong



Meaning

meaning

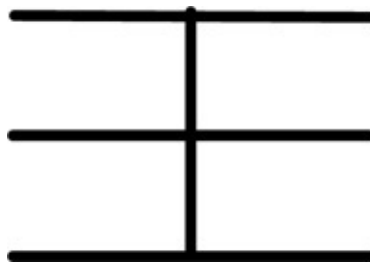
Se-Jong is named after the greatest Korean King, Se-Jong, who invented the Korean alphabet in 1443 and was also a noted meteorologist. The diagram of the pattern represents the king, while the twenty-four movements refer to the twenty-four letters of the Korean alphabet.

Description

Se-Jong stands out from the rest of the black-belt patterns by not only being the shortest, but also by its relative technical simplicity, compared to other higher Dan grade patterns. However, although the individual moves may not be particularly technically challenging, Se-Jong draws on core Taekwon-Do techniques to focus on perhaps the most demanding aspect of any martial art: rapid and sustained self-defence against multiple attackers at close range.

The pattern opens with frequent change of directions and adjustments for distance to execute single techniques 'on the spot' before 'breaking out' to pursue individual attackers with more combinations, all within a relatively small area. In order to better demonstrate these important aspects of continuity and confinement in Se-Jong, a single extended application of defence against three attackers is presented underneath the pattern photographs that mirrors the moves contained on that page.

There are twenty-four moves in the pattern and its diagram is:



Grading Syllabus

Se-Jong is taught at 5th Dan and forms part of the grading examination for 6th Dan.

Se-Jong



Ready posture: closed ready stance B (*moa junbi sogi B*).



1 Turn 90 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left outer forearm low section block (*gunnun so bakat palmok najunde makgi*).



2 Move the left foot next to the right foot turning 90 degrees clockwise, pivoting on the right foot and then ...

Application for Se-Jong: Defence against Three Attackers



Defender is surrounded by three attackers, one on each side and one in front.



As attacker on side starts to kick, defender turns and ...

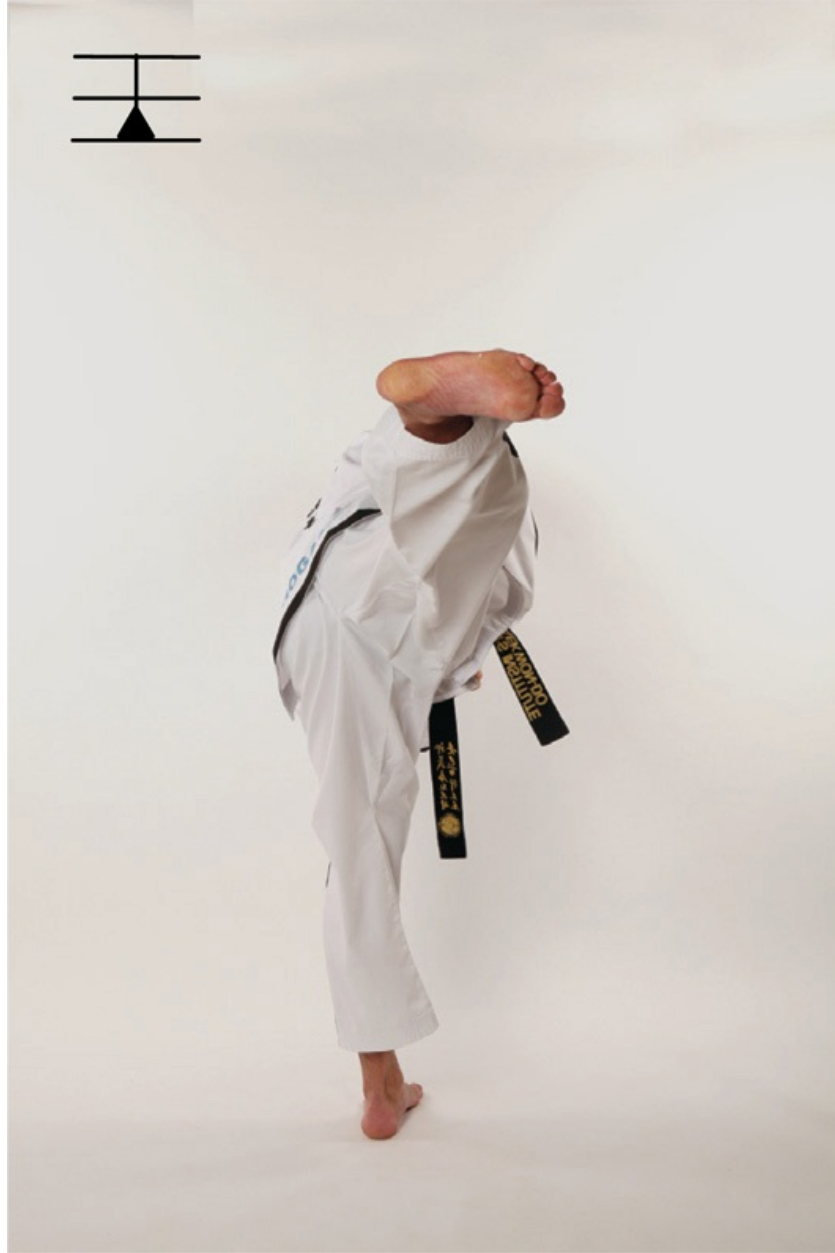


... blocks front snap kick with outer forearm low section block, ...

Se-Jong



... continue turning a further 90 degrees clockwise, pivoting on the left foot and move the right foot forward into left stance twin forearm block (*niunja so sang palmok makgi*).



3 Turn 90 degrees counter clockwise, pivoting on the left foot and execute right middle section side piercing kick (*kaunde yopcha jirugi*).



4 Step down with the right foot to the side of the left whilst turning 90 degrees counter clockwise, pivoting on the left foot and then ...

Application for Se-Jong Continued: Defence against Three Attackers



... defender turns to face other two attackers as they close in, ...



... blocking punch from attacker on side and downward strike from attacker in front at same time with twin forearm block and then ...



... pivoting round to counter attacker in front with side piercing kick.

Se-Jong



... move the left foot forward into left walking stance left outer forearm rising block (*gunnun so bakat palmok chookyo makgi*).



5 Turn 90 degrees clockwise, pivoting on the right foot and moving the left foot next to the right foot, then move the right foot ...



... sideways into sitting stance right knife hand middle section side strike (*annun so sonkal kaunde yop taerigi*).

Application for Se-Jong Continued: Defence against Three Attackers



Defender continues turning to step in and counter first attacker with front rising block underneath chin and then ...



... starts to turn to meet attacker advancing on other side and ...



... create more space by forcing other attacker back with knife hand guarding block on the other side.

Se-Jong



6 Move the left foot next to the right foot into closed ready stance B (*moa junbi sogi B*).



7 Jump forward turning the body 45 degrees clockwise into left x-stance left back fist high section side strike (*kyocha so dung joomuk nopunde yop taerigi*), with the right finger belly on the left side fist and striking in the direction of the jump.



8 Turn 45 degrees clockwise, pivoting on the left foot and move the right foot forward into right walking stance right high section punch (*gunnun so nopunde ap jirugi*).

Application for Se-Jong Continued: Defence against Three Attackers



As middle attacker recovers, defender jumps forward with back fist side strike which attacker avoids by stepping to side and ...



... defender pursues counter attack by turning and stepping in with high section punch.

Se-Jong



9 Move the right foot diagonally to the centre line, turn 180 degrees counter clockwise, pivoting on the right foot into left fixed stance forearm high section guarding block (*gojung so palmok nopunde daebi makgi*).



10 Step forward with the right foot into right walking stance right straight fingertip middle section thrust (*gunnun so sun sonkut kaunde tulgi*).



11 Move the right foot next to the left and turn 180 degrees counter clockwise, pivoting on the right foot into left walking stance left back fist high section side strike (*gunnun so dung joomuk nopunde yop taerigi*).

Application for Se-Jong Continued: Defence against Three Attackers



Defender turns to block attacker's high section hooking punch and ...



steps in with straight fingertip thrust counter attack, then

... steps in with straight fingerup thrust counter attack, then ...



... turns to counter attacker advancing from behind with back fist side strike to side of head.

Se-Jong



12 Turn 90 degrees clockwise, pivoting on the right foot into sitting stance left palm scooping block (*annun so sonbadak duro makgi*).



13 Execute left middle section turning kick (*kaunde dollyo chagi*) in the direction of the block.



14 Step down with the left foot in a jumping motion, turning 45 degrees clockwise into left x-stance left double forearm high section block (*kyocha so doo palmok nopunde makgi*) and blocking in the direction of the jump.

Application for Se-Jong Continued: Defence against Three Attackers



Defender turns to block middle attacker's front snap kick with palm scooping block and ...



... follows up with turning kick counter that attacker avoids by stepping back

and ...



... defender jumps forward to smother attacker's turning kick with high section double forearm block.

Se-Jong



15 Turn 45 degrees counter clockwise, pivoting on the left foot and move the right foot sideways into sitting stance (*annun sogi*), while extending the right fist horizontally. Perform this move in a slow motion.



16 Execute sitting stance left back fist front strike (*annun so dung joomuk ap taerigi*).



17 Move the right foot behind the left foot and then ...

Application for Se-Jong Continued: Defence against Three Attackers



Defender blocks attacker's punch with extended arm and grabs front of attacker's clothing ...



... to pull attacker onto back fist front strike.

Se-Jong



... move the left foot into left diagonal stance twin palm pressing block (*sasun so sang sonbadak noollo makgi*).



18 Turn 45 degrees counter clockwise, pivoting on both feet into left walking stance double arc hand middle section block (*gunnun so doo bandalson kaunde makgi*).



19 Turn 45 degrees clockwise, pivoting on the right foot into right one leg stance right outer forearm high section side block (*waebal so bakat balmok nopunde yop makgi*) and left outer forearm low section side block (*bakat palmok najunde yop makgi*).

Application for Se-Jong Continued: Defence against Three Attackers



Defender then steps diagonally to smother attacker's front snap kick at close range with twin palm pressing block and ...



... counter attacks with twin arc hand block targeting attacker's throat and ...



... avoids attacker's foot sweep by raising front leg into one leg stance.

Se-Jong



20 Lower the left foot back into right walking stance right palm pressing block (*gunnun so sonbadak noollo makgi*). Perform this move in a slow motion.



21 Raise the left foot (with the left instep held against the back of the right knee) into right one leg stance (*waebal sogi*) striking the left palm with the right back forearm.



22 Turn 180 degrees clockwise, pivoting on the right foot and lower the left foot back into right fixed stance left side elbow thrust (*gojung so yop palkup tulgi*).



23 Turn 90 degrees clockwise, pivoting on the left foot and move the right foot across into left stance knife hand high section guarding block (*niunja so sonkal nopunde daebi makgi*).



24 Move the right foot next to the left and turn 180 degrees counter clockwise, pivoting on the right foot into right stance right middle section punch (*niunja so kaunde ap jirugi*).



Move the left foot and return to ready posture: closed ready stance B (*moa junbi sogi B*).

Application for Se-Jong Continued: Defence against Three Attackers



Defender steps back to block attacker's front snap kick with palm pressing block and ...



... moves forward into one leg stance, grabbing back of attacker's head and pulling him onto strike with back forearm.



As attacker staggers back, defender pursues counter attack with side elbow thrust, while remaining attackers close in from the sides and ...



... turns to counter one attacker with knife hand guarding block targeting attacker's neck and then ...



... turns to counter the other with a middle section punch.

16 Tong-Il Tul

Tong-Il



Meaning

Meaning

Tong-Il denotes the resolution of the unification of Korea which has been divided since 1945. The diagram of the pattern symbolizes the homogenous race.

Description

The last of the twenty-four Taekwon-Do patterns, Tong-Il emphasizes the scope of Taekwon-Do by accelerating the introduction of new techniques, reminding the practitioner that there is always more to learn, even approaching 7th Dan Master grade.

However, the new techniques in this final pattern not only illustrate the breadth of Taekwon-Do, but also its depth. No less than three new hand parts are introduced: the bow wrist in moves 22 and 23, the angle fingertip in moves 30 and 34 and the under fist in moves 48 and 49. The use of these and other less 'obvious' techniques reinforces the constant theme in the Taekwon-Do patterns: the specificity of attacking and blocking tools. This is also the case with the introduction of three new kicking techniques: the inward vertical kick in moves 8 and 10, the downward kick in move 16 and the outward vertical kick in move 18. Again, differences between these and previous similar kicks make you consider which body part, which techniques would serve best in any given set of circumstances. This knowledge is present in Tong-Il and its predecessor patterns; rigorous training will develop the skills to put it into practice.

There are fifty-six moves in the pattern and its diagram is:



Grading Syllabus

Tong-Il is taught at 6th Dan and forms part of the grading examination for 7th Dan.

Techniques Introduced

Offensive

- twin fist punch (*sang joomuk jirugi*)
- back hand outward strike (*sondung bakuro taerigi*)
- inward vertical kick (*anuro sewo chagi*)
- downward kick (*naeryo chagi*)
- outward vertical kick (*bakuro sewo chagi*)
- angle fingertip thrust (*homi sonkut tulgi*)
- under fist front strike (*mit joomuk ap taerigi*)
- twin side back elbow thrust (*sang yop dwi palkup tukgi*)

Defensive

- palm inward block (*sonbadak anuro makagi*)
- twin palm horizontal block (*sang sonbadak soopyong makgi*)
- bow wrist upward block (*sonmok dung ollyo makgi*)
- knife hand circular block (*sonkal dollimyo makgi*).

Tong-II



Ready posture: parallel stance (*narani sogi*) with an overlapped back hand.



1 Move the right foot back into left walking stance twin fist middle section punch (*gunnun so sang joomuk kaunde jirugi*). Perform this move in a slow motion.



2 Step back with the left foot into right walking stance twin knife hand horizontal strike (*gunnun so sang sonkal soopyong taerigi*). Perform this move in a slow motion.

Application for Twin Fist Punch and Twin Knife Hand Horizontal Strike: Defence against Three Attackers



Defender surrounded by three attackers, steps in to counter attacker in front with twin fist punch.



As attackers on sides close in, defender steps back and ...



... counter attacks with twin knife hand horizontal strike to attackers' necks.

Tong-II



3 Step forward with the left foot into right rear foot stance left outer forearm middle section inward block (*dwitbal so bakat palmok kaunde anuro makgi*).



4 Move the right foot back into left walking stance right palm low section inward block (*gunnun so sonbadak najunde anuro makgi*), with the left side fist brought up to the right shoulder.



5 Step forward with the right foot into left l-stance right middle section punch (*niunja so kaunde ap jirugi*).

Application for Outer Forearm Inward Block and Palm Inward Block: Blocking Punch and Counter Attack



Defender steps in and blocks attacker's middle section punch with outer forearm inward block, turning attacker inwards and ...



... counter attacking with palm low section inward block to attacker's groin.

Tong-II



6 Execute left l-stance left middle section punch (*niunja so kaunde ap jirugi*). Perform moves 5 and 6 in a fast motion.



7 Step forward with the left foot in a stamping motion into right l-stance left back hand high section outward strike (*niunja so sondung nopunde bakuro taerigi*).



8 Keeping the left arm in place, execute right inward vertical kick (*anuro sewo chagi*) targeting the left palm with the right reverse foot sword.

Teaching Tip: Inward Vertical Kick vs Crescent Kick



Crescent kick is normally a blocking technique and uses the sole of the foot as the blocking tool.



Although thrown in a similar arc, inward vertical kick uses the reverse foot sword to attack a target at 90 degrees to the kicker, such as the solar plexus of a side facing opponent ...



... or the side of the face of a full facing opponent.

Tong-II



9 Lower the right foot in a stamping motion into left l-stance right back hand high section outward strike (*niunja so sondung nopunde bakuro taerigi*).



10 Keeping the right arm in place, execute left inward vertical kick (*anuro sewo chagi*) targeting the right palm with the left reverse foot sword.



11 Lower the left into right l-stance twin palm horizontal block (*niunja so sang sonbadak soopyong makgi*). Perform this move in a slow motion.

Application for Inward Vertical Kick: Attacking Guard



Inward vertical kick is effective way to attack against opponent's guard, opening him up for ...



... a consecutive follow-up kick such as side piercing kick.

Tong-II



12 Step forward with the right foot into right walking stance right reverse knife hand high section side block (*gunnun so sonkal dung nopunde yop makgi*). Perform this move in a slow motion.



13 Execute right walking stance left reverse knife hand middle section side block (*gunnun so sonkal dung kaunde yop makgi*). Perform this move in a slow motion.



14 Execute right walking stance right middle section punch (*gunnun so kaunde ap jirugi*).

**Application for Reverse Knife Hand High Section Side Block:
Release from Grab and Counter Attack**



Attacker grabs defender's lapel and ...



... defender breaks grab in early stage of reverse knife hand high section side block ...



... that finishes as a focused strike to attacker's carotid artery.

Tong-II



15 Execute right walking stance left middle section punch (*gunnun so kaunde ap jirugi*). Perform moves 14 and 15 in a fast motion.



16 Keeping the arms in place, raise the right leg while turning 135 degrees clockwise, pivoting on the left foot to ...



... execute right downward kick (*naeryo chagi*).

Teaching Tip: Targets for Downward Kick



Downward kick is an effective technique to bring down an opponent's guard, ...



... target the clavicle of a full facing opponent or ...



... the top of an opponent's skull.

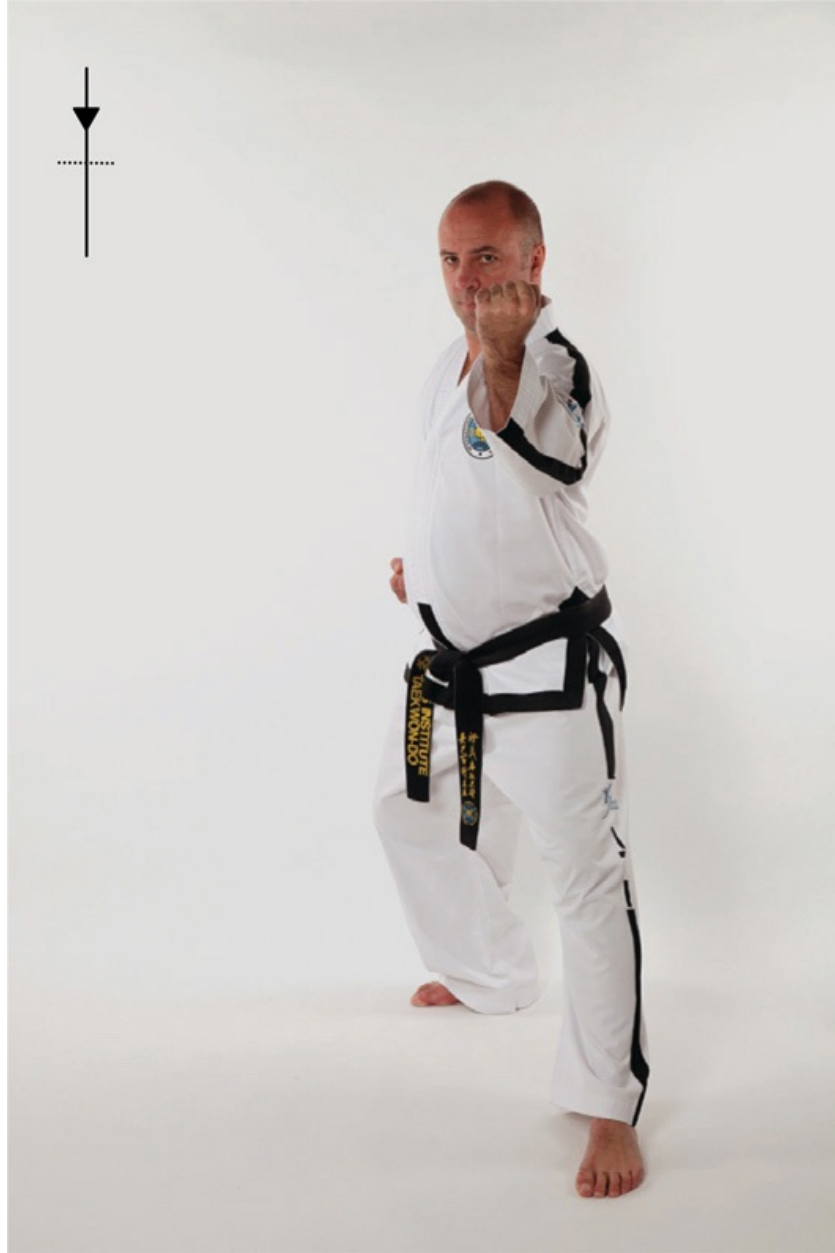
Tong-Il



17 Turn 45 degrees clockwise, pivoting on the left foot and lower the right foot in a stamping motion into left l-stance right back fist downward strike (*niunja so dung joomuk naeryo taerigi*).



18 Keeping the arms in place, turn 315 degrees counter clockwise, pivoting on the right foot and execute left outward vertical kick (*bakuro sewo chagi*).



19 Turn 45 degrees counter clockwise, pivoting on the right foot and lower the left foot in a stamping motion into right l-stance left back fist downward strike (*niunja so dung joomuk naeryo taerigi*).

Application for Outward Vertical Kick, Back Fist Downward Strike and Punch: Defence against Two Attackers



Defender is between two attackers, turning to face attacker behind as other attacker advances and ...



... defender keeps turning to counter advancing attacker with outward vertical kick to head, drawing attacker down and following up with ...

Tong-II



20 Turn 180 degrees clockwise, pivoting on the left foot and move the right foot forward into right walking stance left high section punch (*gunnun so nopunde ap jirugi*).



21 Execute right walking stance right high section punch (*gunnun so nopunde ap jirugi*). Perform moves 20 and 21 in a fast motion.



22 Step forward with the left foot into right rear foot stance left bow wrist upward block (*dwitbal so sonmok dung ollyo makgi*)

Application for Outward Vertical Kick, Back Fist Downward Strike and Punch Continued: Defence against Two Attackers



... back fist downward strike as kicking keg lands.



Remaining attacker advances from behind, defender pivots and ...



... counter attacks with high section reverse punch.

Tong-II



23 Step forward with the right foot into left rear foot stance right bow wrist upward block (*dwitbal so sonmok dung ollyo makgi*).



24 Turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left palm pressing block (*gunnun so sonbadak noollo makgi*).



25 Step forward with the right foot into right walking stance right palm pressing block (*gunnun so sonbadak noollo makgi*). Perform moves 24 and 25 in a slow motion.

Application for Bow Wrist Upward Block: Blocking Punch and Attacking Radial Nerve



Bow wrist upward block is an effective close-range block against a middle section punch that also ...



... precisely targets the radial nerve causing the attacker's hand to open.

Tong-II



26 Move the left foot next to the right foot into a closed stance, while moving arms with the palms facing inwards in a circular motion to strike the left palm with the right knife hand.



27 Turn 180 degrees counter clockwise, pivoting on the right foot and move the left foot forward into left walking stance left knife hand rising block (*gunnun so sonkal chookyo makgi*).



28 Execute left walking stance right high section punch (*gunnun so nopunde ap jirugi*).

Application for 180-Degree Turn and Rising Block: Blocking Punch from Behind from Standing Position



Defender in normal standing position; as attacker advances from behind, defender turns and ...



... steps out to block high section punch with knife hand rising block.

Tong-II



29 Step forward with the right foot and slide forward into left l-stance left upset punch (*niunja so dwijibo jirugi*) with the right side fist brought up to the left shoulder.



30 Step back with the right foot into left walking stance right angle fingertip high section thrust (*gunnun so homi sonkut nopunde tulgi*).



31 Move the left foot diagonally back to the centre line and turn 180 degrees clockwise, pivoting on the left foot into right walking stance right knife hand rising block (*gunnun so sonkal chookyo makgi*).

Teaching Tip: Targets for Angle Fingertip Thrust



When at a right angle and at close range to an opponent, angle fingertip is particularly effective in penetrating softer targets, such as the eye, ...



... the throat or ...



... the solar plexus.

Tong-Il



32 Execute right walking stance left high section punch (*gunnun so nopunde ap jirugi*).



33 Step forward with the left foot and slide forward into right l-stance right upset punch (*niunja so dwijibo jirugi*) with the left side fist brought up to the right shoulder.



34 Step back with the left foot into right walking stance left angle fingertip high section thrust (*gunnun so homi sonkut nopunde tulgi*).

Application for Upset Punch and Angle Fingertip Thrust: Pulling Opponent onto Successive Attacks



Having already pulled opponent onto upset punch, ...



... grab is switched to the punching hand so that ...



... opponent can be pulled back onto angle fingertip thrust to temple.

Tong-II



35 Slip the right foot and pivot on the left foot into left l-stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*), moving the arms in a circular motion.



36 Turn 180 degrees counter clockwise, pivoting on the right foot into right l-stance reverse knife hand low section guarding block (*niunja so sonkal dung najunde daebi makgi*), moving the arms in a circular motion.



37 Slip the left foot forward into left walking stance right forearm low section block (*gunnun so bakat najunde makgi*) and, at the same time, left knife hand middle section outward block (*sonkal kaunde bakuro makgi*).

Application for 180-Degree Turn and Circular Motion in Low Section Guarding Block: Blocking and Turning Opponent



Using a circular motion in conjunction with turning to face attacker ...



... not only blocks attacker's front snap kick, but also ...



... uses sweeping motion to turn attacker.

Tong-II



38 Step forward with the right foot in a stamping motion into right walking stance twin fist high section vertical punch (*gunnun so sang joomuk nopunde sewo jirugi*).



39 Raise the right foot into left one leg stance (*waebal sogi*), striking the left palm with the right back forearm.



40 Without lowering the right foot, execute right middle section back piercing kick (*kaunde dwitcha jirugi*), pulling both hands in the opposite direction.

Application for Forearm Strike and Back Piercing Kick: Defence against Two Attackers



Defender has pulled attacker in front onto forearm strike to face as attacker behind closes in and ...



... into range for immediate counter with back piercing kick.

Tong-II



41 Turn 90 degrees clockwise, pivoting on the left foot and lower the right foot into sitting stance outer forearm w-shape block (*annun so bakat palmok san makgi*).



42 Slide half the stance length to the right into sitting stance outer forearm w-shape block (*annun so bakat palmok san makgi*).



43 Turn 180 degree counter clockwise, pivoting on the left foot and stamp down with the right foot into sitting stance outer forearm w-shape block (*annun so bakat palmok san makgi*).

Application for Successive W-Shape Blocks: Defence against Two Attackers



As first attacker starts to punch, defender pivots and strikes face with w-shape block before punch is delivered and then ...



... crosses arms as second attacker starts to kick in order to ...



slide in and block second attacker's kick on the inside with another tr

... slide in and block second attacker's kick on the inside with another w-shape block.

Tong-II



44 Slide half the stance length to the left into sitting stance outer forearm w-shape block (*annun so bakat palmok san makgi*).



45 Turn 90 degrees counter clockwise, pivoting on the right foot and raise the left foot into right one leg stance (*waebal sogi*), striking the right palm with the left back forearm.



46 Without lowering the left foot, execute left middle section back piercing kick (*kaunde dwitcha jirugi*) pulling both hands in the opposite direction.

Application for One Leg Stance and Forearm Strike: Pulling Opponent onto Knee Kick



With opponent at close range, grabbing around the back of neck ...



... not only pulls opponent onto forearm strike, but also onto knee kick by forming one leg stance.

Tong-II



47 Lower the left foot forward in a jumping motion into left x-stance x-fist pressing block (*kyocha so kyocha joomuk noollo makgi*).



48 Move the right foot back into left walking stance left under fist front strike (*gunnun so mit joomuk ap taerigi*).



49 Step forward with the right foot into right walking stance right under fist front strike (*gunnun so mit joomuk ap taerigi*).

Teaching Tip: Under Fist Front Strike



The attacking tool for the under fist is the second knuckles of the fingers, so the thumb must be kept clear by pressing it lightly into the forefinger.



It is best used to strike high section targets at close range such as the side of the face if the opponent is facing or ...



... the nose if the opponent is side facing.

Tong-II



50 Execute right walking stance left palm middle section pushing block (*gunnun so sonbadak kaunde miro makgi*).



51 Turn 135 degrees counter clockwise, pivoting on both feet into left walking stance right knife hand circular block (*gunnun so sonkal dollimyo makgi*).



52 Turn 135 degrees clockwise, pivoting on the right foot and move the left foot forward into left walking stance right palm middle section pushing block (*gunnun so sonbadak kaunde miro makgi*).



53 Turn 135 degrees clockwise into right walking stance left knife hand circular block (*gunnun so sonkal dollimyo makgi*).



54 Turn 45 degrees clockwise, pivoting on the left foot and execute right high section side piercing kick (*nopunde yopcha jirugi*), at the same time executing a forearm guarding block and then ...



... lower the right foot next to the left foot into closed stance twin side back elbow thrust (*moa so sang yop dwi palkup tulgi*).



55 Turn 90 degrees clockwise, pivoting on the right foot and move the left foot into sitting stance left middle section side punch (*annun so kaunde yop jirugi*).



56 Turn 90 degrees counter clockwise, pivoting on the left foot and move the right foot back into left walking stance right middle section punch (*gunnun so kaunde ap jirugi*).



Move the right foot and return to ready posture: parallel stance (*narani sogi*) with an overlapped back hand.

Application for Palm Pushing Block, Circular Block, Side Kick, Elbow Thrust and Punch: Defence against Two Attackers



Defender stops advance of attacker from front with palm pushing block and then
...



... turns to face attacker behind while blocking first attacker's punch with knife hand circular block and ...



... stop attacker's advance with side piercing kick.



Defender steps back from kick to counter first attacker with twin back elbow thrust before ...



... meeting second attacker's advance with side punch and ...



... following through with front punch.

Glossary

Descriptive terms

alternate *eu hkallin*
back *dwit*
dodging *pihamyo*
double *doo*
flying *twimyo*
front *ap*
high (section) *nopunde*
inner *an*
inward *anuro*
jumping *twigi*
low (section) *najunde*
middle (section) *kaunde*
outer *bakat*
outward *bakuro*
side *yop*
side back *yopdwi*
side front *yopap*
straight *sun*
twin *sang*
upward *ollyo*

Stances

attention stance *charyot sogi* bending ready stance (A, B) *guburyo junbi sogi* (A, B) close stance *moa sogi*
closed ready stance (A, B, C, D) *moa junbi sogi* (A, B, C, D) diagonal stance *sasun sogi* fixed stance *gojung sogi* l-stance *niunja sogi*
low stance *nachuo sogi*
one leg stance *waebal sogi* parallel stance *narani sogi* ready stance *junbi sogi*
rear foot stance *dwitbal sogi* sitting stance *annun sogi* stance *sogi*
vertical stance *soojik sogi* walking ready stance *gunnun junbi sogi* walking

stance *gunnun sogi* warrior ready stance (A, B) *moosa junbi sogi* (A, B) x-stance *kyocha sogi*

Attacking and blocking tools

bow wrist *sonmuk dung*

elbow *palkup*

finger, belly *songarak badak* finger, double *doo songarak* fingertip, angle *homi sonkut* fingertip, flat *opun sonkut* fingertip, straight *sun sonkut* fingertip, upset *dwijibun sonkut* fist, back *dung joomuk*

fist, fore *ap joomuk*

fist, fore knuckle *inji joomuk* fist, long *ghin joomuk*

fist, middle knuckle *joongi joomuk* fist, open *pyon joomuk*

fist, side *yop joomuk*

fist, under *mit joomuk*

foot sword *balkal*

foot sword, reverse *balkal dung* forearm *palmok*

hand, arc *bandal son*

hand, back *sondung*

heel, back *dwitchook*

instep *baldung*

knee *moorup*

knife hand *sonkal*

knife hand, reverse *sonkal dung* palm *sonbadak*

sole, side *yop bal badak* x-fist *gyocha joomuk*

x-knife hand *gyocha sonkal*

Blocks

9-shape block *gutja makgi* block *makgi*

checking block *momchau makgi* circular block *dollimyo makgi* downward block *naeryo makgi* guarding block *daebi makgi* hooking block *golcho makgi* horizontal block *soopyong makgi* parallel block *narani makgi* pressing block *noollo makgi* pushing block *miro makgi* rising block *chookyo makgi* scooping block *duro makgi* u-shape block *digutja makgi* u-shape grasp *mongdung-i japgi* w-shape block *san makgi*

waist block *hori makgi*

wedging block *hechyo makgi*

Hand attacks

cross cut *ghutgi*

punch *jirugi*

punch, angle *giokja jirugi* punch, downward *naeryo taerigi* punch, horizontal

soopjong jirugi punch, turning *dollyo jirugi* punch, u-shape *digutja jirugi*

punch, upset *dwijibo jirugi*

punch, vertical *sewo jirugi* strike *taerigi*

strike, crescent *bandal taerigi* strike, downward *naeryo taerigi* strike, horizontal

soopyong taerigi strike, mid-air *twio dolmyo taerigi* thrust *tulgi*

thrust, downward *naeryo tulgi* thrust, horizontal *soopyong tulgi*

Foot attacks

back piercing kick *dwitcha jirugi*

crescent kick *bandal chagi*

downward kick *naeryo chagi*

flying high kick *twimyo nopi chagi* flying two direction kick *twimyo sangbang chagi*

front snap kick *apcha busigi*

hooking kick *golcho chagi*

hooking kick, reverse *bandae golcho goro chagi* kick *chagi*

mid-air kick *twio dolmyo chagi* pick shape kick *gokaeng-i chagi*

pressing kick *noollo chagi*

side checking kick *yopcha mumchugi*

side piercing kick *yopcha jirugi*

side thrusting kick *yopcha tulgi*

sweeping kick *suroh chagi*

turning kick *dollyo chagi*

turning kick, reverse *bandae dollyo chagi*

twisting kick *bituro chagi*

vertical kick *sewo chagi*

waving kick *doro chagi*

Index

Entries in *italic* refer to applications and teaching tips.

135-degree turn and knife hand side block, high section: blocking turning kick from behind [251](#)

180-degree turn and circular motion in low section guarding block: blocking and turning opponent [303](#)

180-degree turn and inner forearm waist block: blocking reverse turning kick [199](#)

180-degree turn and knife hand rising block: attack to opponent closing in from behind [167](#)

180-degree turn and reverse knife hand block: adjusting distance and blocking turning kick from behind [152](#)

180-degree turn and rising block: blocking punch from behind from standing position [300](#)

180-degree turn and side piercing kick: avoiding sweep from behind and counter attack [177](#)

180-degree turn and stamping knife hand side strike: twin attack to opponent advancing from behind [198](#)

180-degree turn, jumping: avoiding sweep with stick [271](#)

180-degree turn, jumping: jumping over fallen opponent [269](#)

180-degree turns: defence against two attackers [51](#)

9-shape block [43](#), [52](#), [58](#), [95](#), [96](#), [160](#), [161](#)

9-shape block and 180-degree turn: release from grab and counter attack [161](#)

9-shape block: release from block and counter attack to elbow [52](#)

9-shape block: release from grab [96](#)

90-degree turn and twin upset punch: defence against two attackers [24](#)

alternate palm block: release from grab and blocking side kick [73](#)

alternate palm downward block [62](#), [73](#), [74](#)

angle fingertip thrust [290](#), [301](#), [302](#)

angle fingertip thrust targets [301](#)

angle punch [31](#), [38](#), [81](#), [139](#), [140](#), [154](#), [155](#)
angle punch to rear: attack to opponent behind [140](#)
angle punch: pulling opponent onto punch [31](#)
arc hand crescent strike [102](#), [115](#)
arc hand crescent strike: release from grab [115](#)
arc hand rising block [222](#), [248](#)
arc hand rising block and punch: successive high section attacks [248](#)
arc hand strike [79](#), [97](#)
arc hand strike and front snap kick combination: pursuing multiple attacks [97–98](#)

back elbow thrust [28](#), [32](#), [33](#), [39](#), [40](#), [133](#), [207](#)
back elbow thrust and x-fist pressing block: defence against two attackers [133](#)
back elbow thrust: release from grab and counter attack [39](#)
back first strike and punch: defence against two attackers [70](#)
back fist downward strike [102](#), [105](#), [110](#), [194](#), [196](#), [297](#)
back fist front strike [43](#), [48](#), [82](#), [156](#), [240](#), [241](#), [259](#), [285](#)
back fist front strike: release from grab and counter attack [48](#)
back fist horizontal strike [102](#), [121](#)
back fist horizontal strike and inward cross cut: attack to solar plexus and eyes [121](#)
back fist side back strike [28](#), [35](#), [41](#), [56](#), [208](#), [240](#), [241](#)
back fist side front strike [79](#), [94](#), [95](#)
back fist side strike [21](#), [22](#), [65](#), [70](#), [90](#), [178](#), [180](#), [186](#), [190](#), [212](#), [214](#), [254](#), [255](#), [282](#), [283](#)
back fist side strike and back fist front strike: close range defence against two attackers [241](#)
back fist side strike, jumping: blocking turning kick [190](#)
back fist strike and double forearm block: attack to head and breaking balance [21](#)
back fist strike, jumping into: pre-empting an attack [65](#)
back fist strike: release from grab and counter attack [82](#)
back hand downward strike [79](#), [92](#), [93](#)
back hand downward strike, punching palm after: pulling opponent onto punch [93](#)
back hand downward strike: attack to face or skull [92](#)
back hand horizontal strike [158](#), [159](#), [206](#)

back hand horizontal strike: target areas 159
back hand outward strike 290, 293, 294
back kick and reverse punch: defence against two attackers 230–231
back piercing kick, high section 230, 231
back piercing kick, middle section 121, 219, 304, 306
backward jumping, turning kick and back kick: drawing opponent onto attack 218–219
bending ready stance A 47, 177, 179, 223, 227, 274, 276
bending ready stance and high section side kick: avoiding sweep and counter attack 274
bending ready stance B 102, 121, 230, 231
bending ready stance, side kick and punch: blocking turning kick and counter attack 276–277
bow wrist upward block 290, 298, 299
bow wrist upward block: blocking punch and attacking radial nerve 299

checking block and twisting kick: defence against middle section punch and counter attack 44
Choi Hong Hi, General 7
Choi Jung Hwa, President 7, 101
Choi-Yong 164–181
Choong-Jang 79–100
circular block and palm scooping block combination 142
circular block and palm scooping block: blocking front snap kick and counter attack 143
circular block, punch and front snap kick: blocking punch and counter attack 266–267
circular block: defence against two attackers 168
circular blocks, alternate, and punch: defence against two attackers 220–221
closed ready stance A 80, 100, 250, 277
closed ready stance B 11, 212, 279, 288
closed ready stance C 153, 165, 181
closed ready stance D 62, 63, 78
closed stance with heaven hand 102, 114
crescent kick 138, 158, 160, 207
crescent kick and front elbow strike: successive attacks to shoulder 207
crescent kick and side piercing kick, consecutive: blocking punch and counter

attack 160

crescent punch 62, 67, 71

crescent punch vs hook punch 67

crescent punch: pulling opponent into range for punch 71

diagonal stance 102, 120, 133, 286

dodging reverse hooking kick 102, 117, 118

dodging reverse hooking kick: close range kicking attack and retreat 117

dodging turning kick: adjusting range for kick 57

double arc hand block, high section 43, 46, 54, 129

double arc hand block, knife hand inward strike and circular block: defence against two attackers 262–263

double arc hand block, middle section 262, 265, 286

double arc hand block: simultaneous attack to neck and solar plexus 54

double finger thrust 79, 81

double finger thrust 81

double fist punch 124, 129, 130, 256, 257

double fist punch, low section: blocking front snap kick and counter attack to groin 129

double fist punch, low section: release from grab 130

double forearm block, high section 55, 126, 150, 151, 284

double forearm block, high section, and outer forearm block, low section, combination - Kwang-Gae vs Yoo-Sin 151

double forearm block, jumping into: closing distance for attack to side of head 55

double forearm block, middle section 21, 23, 211

double stepping and single stepping: drawing opponent forward 77–78

double stepping: reverse punch blitz 13

downward kick 290, 296

downward kick targets 296

downward punch 102, 116

elbow strike, high section: release from grab 112

Eui-Am 62–78

fingertip thrusts, alternate: close range defence against two attackers 176

flat fingertip inward cross cut 102, 121

flat fingertip outward cross cut 102, 106, 111, 185, 189

flat fingertip thrust, high section 22, 23, 49, 50, 84, 91, 176
flat fingertip thrust, middle section 224, 228
flat fingertip thrust: using reaction arm to pull opponent onto attack 22
flying front kick 249, 260
flying front kick: attacking guard and chest 260
flying high kick 204, 215
flying high kick vs flying front kick 214
flying knife hand side strike 182, 184, 188
flying side piercing kick 53
flying side piercing kick: pursuing retreating opponent 53
flying two direction kick 102, 120
flying two direction kick and twin palm rising block: defence against three attackers 119–120
fore fist pressing block 28, 31, 38
fore fist pressing block: release from grab and counter attack to groin 38
forearm guarding block and middle knuckle punch: blocking punch and counter attack 166
forearm guarding block, high section 283
forearm guarding block, middle section 29, 36, 51, 76, 85, 114, 117, 118, 125, 165, 166, 173, 174, 175, 184, 188, 196, 198, 200, 219, 242, 244, 250, 251, 269, 271
forearm guarding block, sliding, and flying knife hand strike: avoiding turning kick and counter attack 188
forearm strike and back piercing kick: defence against two attackers 304
front elbow strike 132, 170, 172, 207
front snap kick and 180-degree turn: defence against two attackers 25
front snap kick and twin vertical punch: attack to groin and head 137
front snap kick, grab and turn: throwing opponent to the ground 91
front snap kick, low section 83, 91, 137, 147, 148, 264, 266
front snap kick, low section using toes: attack to groin and thigh 147
front snap kick, low section, and punch: attacking turned opponent 264
front snap kick, middle section 25, 26, 97, 98, 173, 174, 213, 216

Ge-Baek 43–61
guarding block, forward sliding: pre-emptive block of attack 125
guarding block, low section 42
guarding block, low section, and 9-shape block: blocking front snap kick and

breaking balance 95
guarding block, low section, and palm upward block: blocking front snap kick and counter attack 134
guarding block, sliding and front snap kick: avoiding pressing kick and counter attack 83
guarding block, sliding low section: avoiding kick to groin 14

high elbow strike 102, 106, 112
hooking kick 102, 105, 111
hooking kick and side kick: blocking turning kick and counter attack 111
horizontal punch 28, 33, 40, 210

inner forearm block 154, 155
inner forearm block and punch: blocking turning kick and counter attack 154
inner forearm blocks, alternate: release from two grabs 80
inner forearm circular block 142, 143, 167, 168, 220, 263, 266
inner forearm outward block 270, 272
inner forearm parallel block 102, 103, 108
inner forearm parallel block: release from grab 103
inner forearm side front block 31, 38, 80
inner forearm waist block 182, 197, 199
inner forearm waist block 197
inner forearm wedging block 28, 32, 39, 216
International Taekwon-Do Federation (ITF) 6, 7, 101
inward knife hand strike and side fist downward strike: counter attack to neck and head 19
inward knife hand strike and side fist downward strike: release from grab and counter attack 18
inward vertical kick 290, 293, 294
inward vertical kick vs crescent kick 293
inward vertical kick: attacking guard 294

jumping front and upset punch, consecutive 122

knee front snap kick 79, 87
knife hand block 52, 68, 77, 99, 100, 186, 190, 270, 272
knife hand block, low section, and inner forearm block, middle section: defence against two attackers 270

knife hand circular block [290](#), [308](#), [309](#)
knife hand downward strike and punch: attack to clavicle and neck [123](#)
knife hand front block, low section [10](#), [16](#)
knife hand front downward strike [123](#)
knife hand front strike [206](#), [210](#)
knife hand front strike: attack to nose and neck [210](#)
knife hand guarding block and double forearm block: blocking side kick and counter attack [150](#)
knife hand guarding block, high section [10](#), [14](#), [15](#), [288](#)
knife hand guarding block, high section: blocking hook punch [15](#)
knife hand guarding block, low section [8](#), [13](#), [14](#), [42](#), [59](#), [134](#), [168](#), [170](#), [268](#), [271](#)
knife hand guarding block, middle section [25](#), [27](#), [49](#), [51](#), [87](#), [88](#), [107](#), [112](#), [132](#), [149](#), [150](#), [163](#), [201](#), [202](#), [247](#), [260](#), [275](#), [277](#)
knife hand guarding blocks, alternate: defence against two attackers [163](#)
knife hand guarding blocks, successive: blocking turning kick and counter attack [149](#)
knife hand inward block, low section: blocking front snap kick [63](#)
knife hand inward block, low section: release from grab and blocking knee kick [68](#)
knife hand inward strike [18](#), [19](#), [263](#), [265](#)
knife hand mid-air strike [102](#), [108](#), [113](#)
knife hand mid-air strike: gaining distance and height for attack to head [108](#)
knife hand outward block [303](#)
knife hand outward strike [86](#), [94](#), [178](#), [181](#), [243](#), [245](#)
knife hand rising block [62](#), [65](#), [69](#), [166](#), [167](#), [300](#), [301](#)
knife hand side block, high section [124](#), [126](#), [216](#), [226](#), [229](#), [236](#), [239](#), [251](#), [252](#)
knife hand side block, low section [226](#), [229](#), [234](#), [238](#)
knife hand side block, turn and punch: blocking punch and pulling opponent onto counter attack [252](#)
knife hand side block: blocking punch and applying wrist lock [126](#)
knife hand side strike, high section [198](#), [200](#)
knife hand side strike, middle section [30](#), [37](#), [66](#), [71](#), [225](#), [228](#), [281](#)
knife hand side strike: follow-up attack to ribcage [66](#)
knife hand strike and back fist strike: pulling opponent onto back fist strike [94](#)
knife hand w-shape block [164](#), [173](#), [174](#)
knife hand w-shape block: blocking attacks from both sides [174](#)
knife hand w-shape block: blocking punch from side and maintaining forward

orientation 173

knife hand wedging block 62, 72, 74

knife hand wedging block: pre-empting a grab 74

Kodang 101–123

Kwang-Gae 10–27

long fist punch 182, 184, 188

long fist punch: focused high section attacks 184

mid-air kick 182, 201, 211, 247

mid-air kick and double forearm block 211

mid-air kick vs flying back kick 200

mid-air kick: surprise attack from outside kicking range 201

middle knuckle fist punch, high section 165, 166

middle knuckle fist punch, middle section 43, 58

middle knuckle fist punch: pulling opponent onto punch 58

middle knuckle fist upset punch 249, 258, 259

middle knuckle punch, middle section vs high section 165

middle knuckle upset punch and back fist front strike: attack to solar plexus and head 259

Moon-Moo 222–248

one leg stance 28, 29, 37, 104, 109, 226, 229, 286, 287, 304, 306

one leg stance and forearm strike: pulling opponent onto knee kick 306

one leg stance, moving into 29

one leg stance, slow motion 229

one leg stance: punch to underneath chin 37

open fist punch 79, 99, 100

open fist punch: attack to face 100

outer forearm block, high section 128

outer forearm block, low section 21, 23, 46, 128, 135, 151, 279

outer forearm block, low section: counter attack to leg 46

outer forearm blocks, low and high section: defence against two attackers 128

outer forearm downward block 102, 117, 118

outer forearm downward block 118

outer forearm front block and back fist strike: blocking punch and counter attack 90

outer forearm front block and back hand horizontal strike: release from grab

and counter attack 158

outer forearm front block, high section 90, 158, 261

outer forearm front block, high section, and shifting punch 261

outer forearm front block, low section 28, 34, 36, 40, 42

outer forearm front block, low section: blocking front snap kick and attacking Achilles tendon 40

outer forearm front block, low section: blocking front snap kick and attacking side of ankle 36

outer forearm front block, middle section 136

outer forearm inward block 292

outer forearm inward block and palm inward block: blocking punch and counter attack 292

outer forearm outward block 157

outer forearm parallel block 102, 104, 109

outer forearm rising block 45, 60, 61, 82, 281

outer forearm side block 63, 68, 141, 143, 286

outer forearm side block, high section: blocking turning kick 141

outer forearm w-shape block 59, 60, 133, 305, 306

outward vertical kick 290, 297

outward vertical kick, back fist downward strike and punch: defence against two attackers 297–298

palm downward block 204, 232, 236

palm downward block and front snap kick: blocking punch and counter attack 232

palm downward block and front snap kick: blocking side kick and counter attack 236

palm hooking block and punch combinations: blocking and counter attacking alternate punches 144–145

palm hooking block and punch: blocking punch and counter attack in a standing position 179

palm hooking block, high section 8, 13, 14, 144, 145

palm hooking block, middle section 103, 109, 140, 141, 176, 179, 187, 191

palm hooking block: pulling opponent onto punch 109

palm inward block 290, 292

palm pressing block 20, 172, 226, 229, 287, 299

palm pressing block: forcing opponent to ground after kick 20

palm pressing blocks, stepping 226
palm pressing blocks, stepping in fast motion 172
palm pushing block 204, 216, 308
palm pushing block and sliding punch: defence against two attackers 217
palm pushing block, circular block, side kick, elbow thrust and punch: defence against two attackers 308–310
palm scooping block 43, 47, 55, 86, 142, 143, 233, 237, 273, 275, 284
palm scooping block, sliding and punch: blocking front snap kick and pulling onto counter attack 237
palm scooping block, sliding, and sliding punch: blocking front snap kick, breaking balance and counter attack 273
palm scooping block, sliding: adjusting distance for blocking disguised side kick 275
palm scooping block: blocking front snap kick and breaking balance 47
palm upward block 15, 16, 134, 220
palm upward block: blocking side kick and breaking balance 16
parallel ready stance 44, 61
parallel stance with an overlapped back hand 291, 310
parallel stance with heaven hand 10, 11, 27, 29, 42
parallel stance with twin side elbow 102, 103, 123
parallel stance with x-back hand 204, 205, 221
pick shape kick 102, 113
pick shape kick vs downward kick 113
Po-Eun 28–42
pressing kick 10, 17, 18, 30, 37
pressing kick and side kick, consecutive: attack to knee and neck 17
pressing kick: targeting the knee 30
punch from armpit following low section block: short range counter attack 136

punch from kneeling position: counter attack from the ground 85
punch in l-stance following punch in walking stance: pursuing attack 272
punch with grab: pulling opponent onto kick 148
punch, 90-degree turn and angle punch: attack to stomach and back of head 155
punch, high section 26, 27, 78, 81, 93, 122, 136, 213, 223, 224, 227, 248, 257, 258, 263, 266, 270, 272, 277, 282, 298, 300, 302

punch, low section 246

punch, middle section 33, 39, 45, 47, 56, 60, 61, 64, 65, 68, 70, 73, 75, 77, 78, 82, 98, 104, 109, 123, 127, 129, 136, 140, 141, 142, 144, 145, 146, 147, 148, 149, 152, 154, 155, 167, 168, 179, 181, 187, 191, 217, 221, 231, 232, 234, 237, 245, 252, 261, 262, 264, 267, 271, 272, 273, 274, 275, 276, 288, 292, 293, 295, 296, 310

punch, stepping sliding: pursuing opponent with punch attack 181

reaction arm on top of punch: pulling opponent onto punch 33

ready posture: preparation for 11

rear foot stance after reverse turning kick attack: avoiding counter attack 76

releasing motion 138, 139, 256, 258

releasing motion, low section, and punch: release from grab and counter attack 256

releasing motion, low section: release from grab and applying wrist lock 257

releasing motion, low section: release from twin grabs 258

reverse block, sliding low section: blocking close range front snap kick 23

reverse forearm rising block: close range defence against high section attack 212

reverse hooking kick 102, 105, 110, 169, 171, 180, 193, 195, 225, 228

reverse hooking kick and knife hand strike: pursuing attack to head 228

reverse hooking kick and side piercing kick, consecutive: attack to head and stomach 171

reverse hooking kick, high section slow motion 225

reverse knife hand block, low section, and side elbow thrust combinations, consecutive 202–203

reverse knife hand block, low section: attack to ankle joint 107

reverse knife hand block, shifting low section: blocking front snap kick and side kick combination 75

reverse knife hand circular block 62, 72, 74

reverse knife hand circular block: blocking knee kick 72

reverse knife hand front block 107, 112

reverse knife hand front strike 56

reverse knife hand guarding block, circular motion in low section 187

reverse knife hand guarding block, high section 130

reverse knife hand guarding block, low section 28, 36, 42, 59, 95, 96, 183, 187, 303

reverse knife hand inward block, low section [63](#), [73](#), [75](#), [202](#), [203](#)
reverse knife hand side block [295](#)
reverse knife hand side block, high section: release from grab and counter attack [295](#)
reverse knife hand strike: release from grab and counter attack [56](#)
reverse knife hand w-shape block [182](#), [191](#), [192](#)
reverse knife hand w-shape block: blocking turning kick from side [191](#)
reverse knife hand wedging block [124](#), [127](#), [128](#)
reverse knife hand wedging block: pre-emptive strike against grab [127](#)
reverse punch, alternate low section punches and mid-air kick: defence against two attackers [245–247](#)
reverse turning kick and knife hand strike: attack to head and ribcage [178](#)
reverse turning kick and side piercing kick: pursuing attack [193](#)
reverse turning kick, high section [75](#), [76](#), [235](#), [238](#)
reverse turning kick, middle section [62](#), [66](#), [70](#)
rising block: blocking high section punch [45](#)
rising block: counter attack to armpit [60](#)
rising block: counter attack to chin [61](#)

Sam-Il [124–137](#) Se-Jong [278–288](#)

Se-Jong, application: defence against three attackers [279–288](#)

side checking kick [222](#), [242](#), [244](#)

side checking kick and side thrusting kick: blocking front snap kick and counter attack [244](#)

side checking kick vs pressing kick [242](#)

side elbow thrust [85](#), [88](#), [120](#), [202](#), [203](#), [287](#)

side elbow thrust, stepping and turning into: defence against two attackers [88](#)

side fist downward strike [10](#), [18](#), [19](#), [162](#)

side fist downward strike: target areas [162](#)

side fist side strike [222](#), [233](#), [237](#)

side fist strike, palm scooping block and side block: defence against three attackers [233–234](#)

side front snap kick, low section [49](#)

side front snap kick, low section: attack to knee or coccyx [49](#)

side front snap kick, middle section [232](#), [236](#)

side kick and front elbow strike: defence against two attackers 132
side kick and hooking kick, consecutive 104–105
side kick, cross cut and elbow strike: successive high section attacks 106
side piercing kick and back fist side strike: attack to stomach and head 180
side piercing kick and front elbow strike: attack to stomach and head 170
side piercing kick, 180-degree turn and turning kick 253
side piercing kick, high section 106, 111, 193, 196, 223, 224, 227, 253, 255, 274, 276, 309, *side piercing kick, high section slow motion* 223
side piercing kick, high section: counter attack over guard 227
side piercing kick, middle section 17, 19, 50, 67, 71, 89, 104, 110, 132, 134, 159, 160, 170, 171, 177, 180, 209, 280
side piercing kick, transition to fingertip thrust 224
side piercing kick: pulling grabbing opponent onto kick 50
side pushing kick 222, 235, 238
side pushing kick 235
side pushing kick and reverse turning kick: pushing opponent off balance to pursue attack 238
side sole sweeping kick: sweeping opponent's leg 131
side thrusting kick 222, 243, 244
side thrusting kick 243
sitting stance releasing motion: release from bear hug 139
 So-San 249–277
step back and pivot: avoiding punch to head 196
straight elbow downward thrust 102, 114, 115, 186, 190
straight elbow downward thrust: attack to back of head or spine of falling opponent 114
straight elbow downward thrust: blocking side kick 186
straight fingertip thrust 213, 283
straight fingertip thrust: simultaneous block of punch and counter attack 213
sweeping kick 124, 131, 241, 243

 Tong-Il 289–310
triple step turning: increasing distance to face attacker from behind 175
turn and stepping punch: increasing distance for longer range counter attack 27
turning kick and reverse hooking kick: pursuing retreating opponent 169
turning kick from kneeling position: counter attack from the ground 84
turning kick, high section 84, 254, 255

turning kick, middle section 53, 57, 169, 171, 218, 284
turning punch 62, 67, 72
twin elbow horizontal thrust 28, 35, 41, 192, 194, 209
twin elbow horizontal thrust: close range defence against two attackers 209
twin elbow horizontal thrust: pulling opponent onto attack to armpit 194
twin elbow side thrust 208
twin fist punch 290, 291
twin fist punch and twin knife hand horizontal strike: defence against three attackers 291
twin fist upset punch 24, 26, 135, 153
twin fist vertical punch 24, 54, 58, 137, 162, 216, 304
twin fore knuckle crescent punch, high section: counter attack to grab to throat 99
twin fore knuckle fist crescent punch 79, 99
twin forearm block 280
twin knife hand block 210
twin knife hand horizontal side strike, side kick and turning kick: defence against two attackers 254–255
twin knife hand horizontal strike 79, 96, 253, 254, 291
twin knife hand inward strike 102, 116
twin knife hand inward strike 116
twin knife hand inward strike: twin attack to neck 116
twin palm horizontal block 290, 294
twin palm pressing block 79, 89, 135, 286
twin palm pressing block 89
twin palm pressing block: forcing falling opponent to the ground 135
twin palm rising block 102, 120
twin side back elbow thrust 290, 309
twin side fist horizontal strike 204, 205
twin side fist horizontal strike: defence against two attackers 205
twin upset punch from close stance: close range counter attack from standing position 153
twin upset punch, stamping: trapping opponent for punch 26
twisting kick and x-fist downward block: release from grab 69
twisting kick targets 239
twisting kick, high section 239, 240
twisting kick, high section 240

twisting kick, low section 43, 44, 64, 69
twisting kick, middle section 120, 126

u-shape block 130, 131

u-shape grasp 28, 34, 41

u-shape grasp to close stance, movement from: grab and throw opponent 35

u-shape grasp: grabbing a staff and counter attack 41

u-shape punch 138, 156

u-shape punch: pre-empting grab 156

Ul-Ji 204–221

under fist front strike 290, 307

under fist front strike 307

upset fingertip thrust 128

upset punch 10, 12, 54, 122, 301, 302

upset punch and angle fingertip thrust: pulling opponent onto successive attacks
302

upset punch: close range counter attack 12

upward punch 192, 195

upward punch: pulling opponent onto punch to chin 192

upward punch: pulling opponent onto punch to solar plexus 195

vertical punch 250, 251

vertical punch, middle section: close range counter attack 250

w-shape block: simultaneous attack to foot and head 59

w-shape blocks, successive: defence against two attackers 305

walking ready stance 204, 214, 260

warrior ready stance A 182, 183, 203

warrior ready stance B 138, 139, 163

warrior stance: release form bear hug 183

waving kick 138, 157

waving kick and outer forearm front block: blocking front snap kick and counter attack 157

wedging block and front snap kick: pre-empting grab and counter attack 216

wedging block: pre-empting shoulder grab 32

why perform difficult slow-motion kicks? 110

World Taekwon-Do Federation (WTF) 7

x-fist checking block 182, 185, 189

x-fist checking block and cross cut: blocking turning kick and counter attack [185](#)
x-fist checking block and cross cut: release from grab and counter attack [189](#)
x-fist downward block [62](#), [64](#), [69](#)
x-fist downward block: forcing opponent to the ground [64](#)
x-fist pressing block [86](#), [133](#), [145](#), [147](#), [205](#), [215](#)
x-fist pressing block and knee kick: blocking front snap kick and counter attack
[86–87](#)
x-knife hand checking block [43](#), [44](#), [215](#), [307](#)
x-knife hand checking block: blocking middle section punch and counter attack
[215](#)
x-knife hand rising block [138](#), [146](#), [148](#), [206](#), [265](#), [267](#)
*x-knife hand rising block and knife hand side strike: blocking high section strike
and counter attack* [206](#)
*x-knife hand rising block and punch with grab: blocking downward strike and
counter attack* [146](#)
x-knife hand rising block and turn: blocking stick attack and disarming [265](#)
*x-knife hand rising block, sliding turn and knife hand guarding block: blocking
stick attack and counter attack* [268](#)
x-stance and side piercing kick: counter attack to side [208](#)
x-stance [34](#)

Yon-Gae [182–203](#)

Yoo-Sin [138–163](#)